

Red

APRIL 2015 £4

**NATALIE
PORTMAN**
ON TAKING RISKS
& FRENCH MEN

5 QUICK
HAIR
TRICKS

TABOO
'I'm childless
and that's
okay'

WHAT TO WEAR NOW

- SPRING'S HIGH-STREET HITS
- BAGS & SHOES THAT POP
- MAKE FRIENDS WITH A BOILER SUIT

**THE Red
ELECTION**

Mr Cameron &
Mr Miliband
will answer YOUR
questions now

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MAKE YOUR CAREER MEANINGFUL
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Red's talking about...

- David Gandy: 'I'm not just the man in pants'
- What makes a modern family?
- Sarah Brown – rule-breaker, wannabe comedian



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At *Red* we're passionate about our annual Modern Family issue – an opportunity to bust open some of those contemporary clichés of smug yummy parenting and (its equally improbable inverse) Dinky-dom, and to celebrate family in all its complexity and diversity. We're talking kids born in and out of wedlock, kids born with and without the help of science or

surrogacy; same-sex parents, single parents, step-parents and the validity of having no children; godparents with superhero powers, aunts, uncles, cousins... and everything in-between. When I think of my friends and my colleagues on the *Red* team, it's clear there is no such thing as a typical family unit any more; and yet nothing really more important than nurturing the ties that bind us together in this world, in all their chaotic, challenging and unique glory (*What does your family really look like?* on page 109).

Elsewhere in the issue, Deborah Brett interviews the stealth superstars of the British runway – Thea Bregazzi

and Justin Thornton of Preen (and meets the little muses behind their Preen Mini line) – while Brit supermodel Jacquetta Wheeler rocks double denim – brilliantly. On the beauty front, Annabel Meggeson takes you gently through a 1970s make-up masterclass to accompany the hippie floaty dress you will buy this season, and which will confound you for a minute in your closet. But fear not. Plus, we talk shoes with David Gandy – Essex gentleman, man-in-pants and now impassioned entrepreneur.

So to the Election 2015. Thanks to all of you who have signed up to the *Red* 1000 campaign – we are inspired by your political chops and your common sense. Turn to page 137, where all three party leaders answer your election posers. And forget about those dreary, defensive TV debates; we will be hosting a women's-only hustings chaired by Hadley Freeman at Google Campus London (details on page 143). Come along or watch online... I'm looking forward to continuing the feisty debate over a nice glass of chilled white.

Sarah Bailey
Editor-in-chief SARAHBAILEY

THIS MONTH I HAVE BEEN:

PLOTTING an Easter break at Pickwell Manor, Devon (pickwellmanor.co.uk); **NOURISHING** my sad, wintry skin with de Mamiel's truly sublime balm (demamiel.com); **LOOKING** forward to watching Chiwetel Ejiofor in *Everyman* at the National Theatre (nationaltheatre.org.uk); **CLIP-CLOPPING** around town in my new Dior booties (who knew one pair of footwear could make a gal so happy... okay, of course, you knew); **TWEETING** @SarahRedMag

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page 67



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BURBERRY
CHILDREN



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THIS MONTH'S COVER Natalie Portman photographed by Frederic Auerbach/Contour by Getty Images. All clothes, Dior. Recreate Natalie's look using Diorskin Star Studio Makeup in Light Beige, Diorskin Star Concealer in Beige, Skinflash in Ivory Glow, Diorskin Rosy Glow, 5 Couleurs in Cuir Cannage, Diorshow Maximizer, Dior Addict It-Lash in It-Black, Brow Styler and Rouge Dior Baume in Milly, all Dior. Subscribe to Red to receive the limited-edition subscribers' cover (pictured), see page 67 for details.



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April 2015

Laura Ingham

Compiles *Fashion*

notebook on page 80

BEST THINGS IN LIFE?

My daughters Ava and Lily ● Sunday lunch with friends, family and all the papers ● Summer days ● A killer cocktail

WHAT MAKES MY FAMILY UNIQUE IS...

Our cycle to work – one bike, two kids and a milk crate for the basket. It's the best way to get around.



Andy Ryan

Photographs 'good-habit guru' Gretchen Rubin on page 272

BEST THINGS IN LIFE?

● Coffee ● A swim in the ocean ● My wife Ky Anderson's strange and mystical paintings ● The first day of spring in NYC

WHAT MAKES MY FAMILY UNIQUE IS...

Ultra-competitive board/card games. Tantrums will be thrown, people will storm off.



Kathy Lette

Interviews Sarah

Brown on page 122

BEST THINGS IN LIFE?

Orgasms ● Multiple orgasms ● Oxygen ● Talking while walking with gal pals ● British art galleries
WHAT MAKES MY FAMILY UNIQUE IS...
Perfect mothers only exist in American sitcoms. I'm proud to say that my family puts the fun into dysfunctional.



Liisa Winkler

Models with her children in our fashion story *Daydream believer* on page 182

BEST THINGS IN LIFE?

● Markets and thrift stores ● The beach ● People that make me laugh ● Adult beverages
WHAT MAKES MY FAMILY UNIQUE IS...
Besides genetics, a passion for bad jokes and growing our own food.



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westfield london ariel way, w12


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NEW YORK

SAY IT WRITE IT TWEET IT

If you have any news, views or issues you'd like to see covered, we'd love to hear from you

Red love

'Calling out for support doesn't mean I am "not coping", it means I am,' wrote Shappi Khorsandi in *Single (parent) & proud* (February), and your response was loud and clear. Miranda Berry emailed, 'It stopped me in my tracks. I have always been proud of my ability to raise my daughter independently, relying on as little support from friends and family as possible. Shappi's words have brought about a radical rethink... perhaps it's okay to ask for help.' Lou wrote, 'My husband left when my son was five, and while it led to a gruelling couple of years, I now feel in the luckier position. I love the freedom being a single parent brings – I don't answer to anyone.' 'It was such a joy to read. Totally empathised with every word,' said @whatlottie loves on Twitter, while @real_meaning tweeted, 'Just wanted to say thank you. That is all.'

MY SISTER HAS BEEN A DEVOTED READER OF RED FOR YEARS AND INTRODUCED ME TO IT. We live three hours apart but, in our phone calls, relive the pages we have read and discuss which items we long for. For Christmas she gave me a subscription to our beloved magazine for the next 12 months, and on my return home the February issue was on the mat in all its glory. I look forward to it dropping

Our mail of the month wins Clarins beauty treats, worth £76

Boost your skin with the award-winning Double Serum, which combines 20 powerful plant extracts

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through my door every month and bonding with my big sister over it! Karen, via email

THE LAST FEW YEARS HAVE BEEN CHALLENGING, trying to balance work and a young family. I felt so weighed down with my responsibilities, there was no time for me at all. Lo and behold, *Red* turns up with a foolproof guide to rebooting your health and fitness. I followed the advice and started scheduling my exercise. I'm eating more fruit and veg thanks to the lovely Hemsley sisters and feel so much better already. I can't believe it! I feel like my old self has returned, and am really looking forward to what the year has in store for me. Thank you for your inspiring articles, your achievable goals and your sensible and practical advice. Well done all at *Red*, keep up the excellent advice for real women. Alison Hendy, via email

@Gillyreeves Really enjoyed @louisebrealey's interview with Miriam González Durántez in @RedMagDaily – she is definitely my girl crush

for intensive anti-ageing, every day. And finish with the long-lasting Be Long Mascara for perfectly defined eyelashes. This month's prize goes to Miranda Berry, mentioned in *Red love*

The Hemsley sisters motivated many of you to join the Red Reboot in February



@CathRen85 Came home last night to find husband asleep on the couch with two copies of @RedMagDaily next to him. He claims he was just tidying them #liar

@Poptart75 Fantastic issue of @RedMagDaily this month. Inspiring articles and some lovely recipes from @HemsleyHemsley. Def on the road to #RedReboot

RED'S AWARDS

BEST MONTHLY CONSUMER MAGAZINE JOURNALIST & JOURNALIST OF THE YEAR (Annabel Meggeson) Johnson & Johnson Skincare Journalism Awards 2014 **BEST JOURNALISM: BEAUTY OR GROOMING** (Annabel Meggeson and Rosie Green) & **BEST LAYOUT: BEAUTY OR GROOMING** (Annabel Meggeson and Haley Austin) P&G Beauty & Grooming Awards 2013 **BEST DIGITAL FRAGRANCE EXPERIENCE** (Annabel Meggeson) The Jasmine Awards 2012 **BEST DESIGNED SITE** Online Media Awards 2012 **CONSUMER MAGAZINE OF THE YEAR** PPA Awards 2011



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DRAMA QUEEN

Fashion has gone all antique on us. We've spotted touches of brocade, jewelled brooch details and even ruffled collars. Not sure how to channel your inner Edwardian? Start with perfectly jewelled feet. 

Look Edwardian,
but in a cool way, at
REDONLINE.CO.UK

HOT LIST

SHOP THE TRENDS

From slick Seventies to modern minimal, we've got the new season covered. And the best bit? It's all heading to a high street near you

Cubic zirconia and glass necklace, £376, Eddie Borgo at Harvey Nichols

Acetate sunglasses, £35, Le Specs

Jacquard jacket, £298, J Crew

Cotton-mix trousers, £75, Topshop Unique

EDITOR'S PICK

ECLECTIC

Clashing prints, a splash of embellishment and bold jewel tones. This trend is loud and clear.

Style tip
Wear a quirky printed skirt with a grey T-shirt or simple sweater

Brass, Swarovski crystal and resin earrings, £129, Anton Heunis at Monnier Frères

Cotton skirt £390, MGSM at Browns

Cotton dress, £165, Etre Cécile

Faux-leather bag, £39.50, Limited Edition at Marks & Spencer

Leather and fabric shoes, £75, Miss KG at Kurt Geiger

Holly Fulton s/s 15



Poly-mix jacket, £85, Comptoir des Cotonniers

Style tip
A light padded jacket is the perfect weekend cover-up

Silk top, £39.99, H&M Studio



Leather shoes, £125, Cos

MINIMAL

Clean lines, luxe fabrics and masculine shapes are the essence of modern minimal.



Style tip
Pyjama-style silk will elevate your wardrobe classics



Poly-mix culottes, £32, Next

Leather shoes, £165, Best of British at Marks & Spencer



Polyester top, £185, Sandro

Style tip
Wear over a crisp white shirt



Leather and stainless steel watch, £140, Tissot



Poly-mix coat, £149, Mint Velvet



Poly-mix jumpsuit, £260, Claudie Pierlot



Leather bag, £290, Hugo »



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Denim dress, £295, MiH Jeans



Paul & Joe S/S15



Suede skirt, £248, All Saints

18ct gold-vermeil chain, £85; **18ct gold-vermeil pendant**, £85, both Links of London



Wool trousers, £49.50, Autograph at Marks & Spencer

Leather and wood shoes, £125, Russell & Bromley



Style tip
Try the new wide-leg trousers with chunky wooden heels



Poly-mix blouse, £35, Autograph at Marks & Spencer

Style tip
A printed blouse is the perfect way to dress up denim



Leather cuffs, £19 each, & Other Stories



Leather jacket, £999, Jaeger



Leather bag, £210, Bimba Y Lola



Acetate sunglasses, £165, Wildfox

Style tip
Add a retro edge with oversized sunglasses »

SEVENTIES

This time around, it's all about muted colours, smart denim and everyday suede.

18ct gold-vermeil, pavé diamond and lapis lazuli necklace, £149, Missoma

Cotton top, £125, Michael Kors

Suede bag, £55, Accessorize

THE NEW BOHEMIAN

Buy into boho with fresh whites, embroidered necklines and rich textures.

Denim jeans, £44.95, Gap

Felt and leather hat, £165, The Kooples

Suede shoes, £59.99, Mango

Style tip
Try a pretty dress with a boyish ankle boot

Style tip Invest in white jeans and wear them low and slouchy

Cotton-mix top, £175, Maje

Cotton-mix dress, £135, French Connection

Cotton jacket, £269, Maje

18ct gold-vermeil and woven silk earrings, £225, Astley Clarke

NEW JACKET SHAPE: KIMONO

For more on the S/S15 trends, check out REDONLINE.CO.UK

Suede boots, £125, Hudson

Isabel Marant S/S15



Blake Lively.

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The patterns and palette used in the collection were inspired by the amazing colours and architecture I saw on a trip to Marrakech.
Caroline wears: **Chiffon dress**, around £595

This menswear-inspired shirt is a bit longer than usual and has a longer cuff, too, so you can wear it for work, then untuck and roll up the sleeves for off-duty.
Chambray shirt, around £260

STYLE MUSE

THE ISSA EFFECT

Stylist and *Red* contributing editor Caroline Issa showcases her exclusive collection for US store Nordstrom

A bow always adds drama to an outfit, but this one's removable so you can wear the blouse with or without it. Try under a trouser suit or with an A-line skirt to dress it up.

Caroline wears: **Silk blouse**, around £307; **silk-mix twill skirt**, around £362

Full skirts create such a flattering silhouette - they emphasise your waist and these pleats are strategically placed to work for all shapes.
Cotton skirt, around £326

EDITOR'S FAVOURITE

A great layering piece - use it to toughen up a floaty, feminine dress. It's also the perfect weekend jacket.
Twill jacket, around £590

This flared suit was inspired by the iconic white one Bianca Jagger wore in the 1970s (above). Team with a cashmere knit or silk blouse.

Caroline wears: **Wool blazer**, around £595; **wool trousers**, around £263

Shop the Nordstrom Signature and Caroline Issa collection online at nordstrom.com

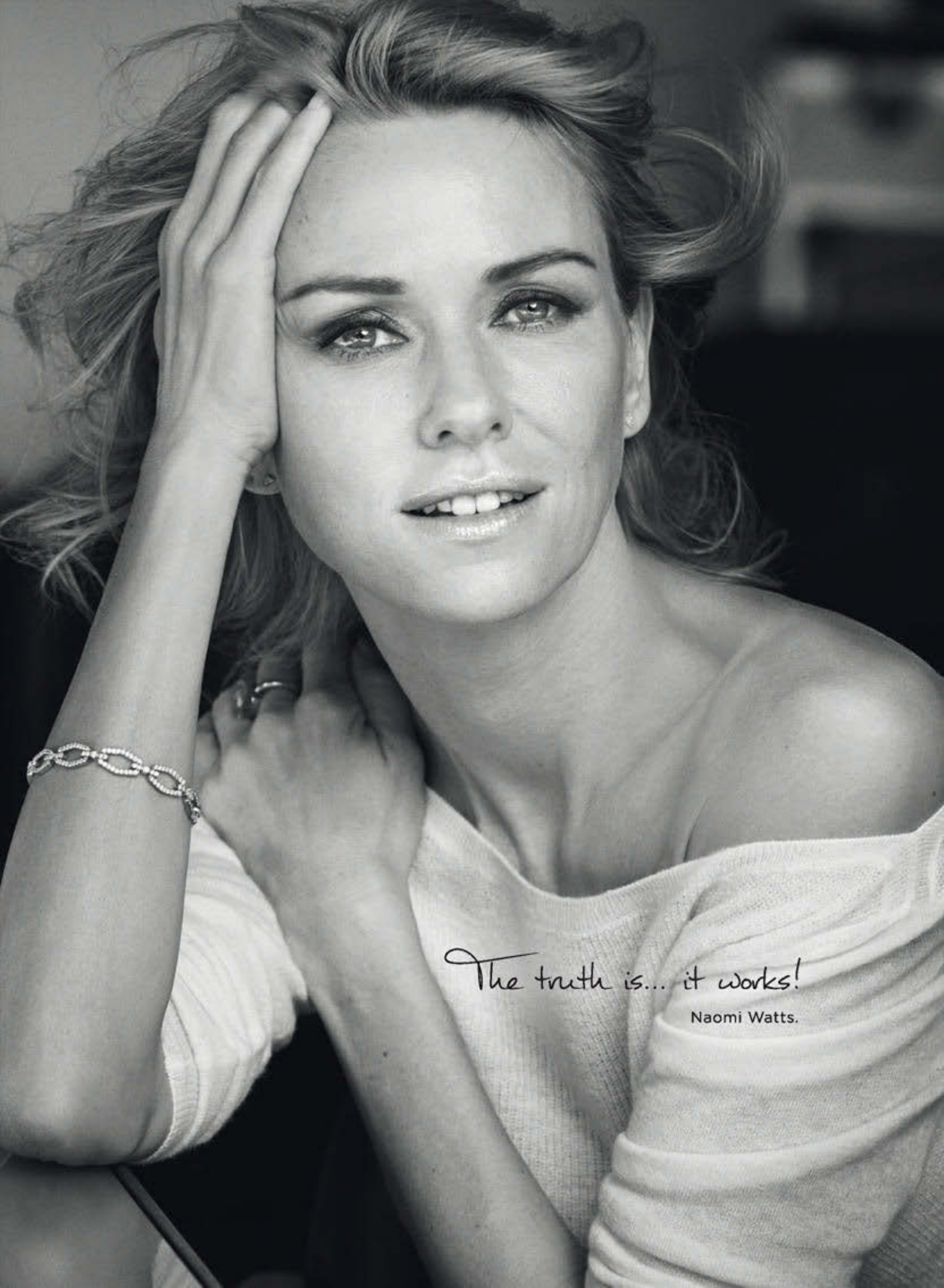
For more signature Caroline Issa style, go to REDONLINE.CO.UK

THE WORLD OF HERMÈS

Hermès takes on London this spring with the reopening of its iconic New Bond Street store and the grand unveiling of its hotly anticipated *Wanderland* exhibition at the Saatchi Gallery. Visitors can explore fantasy, Parisian-inspired landscapes filled with objects gathered from the

Hermès archive and contemporary collections - and, in celebration, artist Alice Shirley has designed 'Un Jardin Anglais', a beautiful limited-edition scarf (£310; right). **Hermès, 155 New Bond Street. Wanderland at the Saatchi Gallery, April 8th-May 2nd**

Celebrating Hermès (from left); Alice Shirley's limited-edition scarf; and *Wanderland* exhibition poster



The truth is... it works!

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KIDS' STYLE

JUNIOR COOL-HUNTING

With better kids clothes around than ever before, meet three stylish mums whose blogs are essential reading for mini-me shopping tips

*Photographs EVA K SALVI
Styling LAURENT FRANKS
and POLLY KNIGHT*

GABRIELLE SPANG, founder of scandimini.co.uk and mum to Wilhelm, six, and Cornelia, two (pictured, with Gabrielle) I am drawn to clothes with simple lines, but I'm a lot braver when I shop for the kids. I encourage them to wear prints that are too loud for a minimal Scandi like me.

My favourite brands are Mini Rodini and Bobo Choses (both at scandimini.co.uk) – they make beautiful organic kids' clothes. I also browse Instagram and Etsy for independent children's labels.

I still have to negotiate to get the kids dressed each morning. Wilhelm doesn't want to wear sweaters (they don't show off his muscles) and Cornelia is a real tomboy – skirts are 'yucky'! »

Follow @scandimini on Instagram

Gabrielle wears: **Silk shirt**, £215; **silk trousers**, £354, both Emporio Armani. **Sandals**, her own
Cornelia wears: **Cotton jumper**, £74; **cotton leggings**, £64; **leather trainers**, £144, all Armani Junior



MILLA + ART.365
THE SEASONLESS WARDROBE
[SHOP MARELLA.COM](http://SHOP.MARELLA.COM)

MARELLA



SARAH CLARK, founder of littlespree.com and mum to five-year-old twins Tabitha and Marlow (or Tabarlow, as she calls them)

My own style definitely influences the way my children dress; I'm drawn to the same colours and fabrics. Tabitha might wear a mini version of an outfit I would wear, but I tend to mix prints more on her – like a stripe with a floral, which I would never do myself.

I have clothing battles with both the twins. Tabitha always wants to wear her princess dress and as much pink as possible, but Marlow is the trickier of the two. He flatly refuses to wear something if it has the tiniest detail he doesn't like. A gorgeous Bonpoint coat springs to mind – it felt too stiff, he said.

Zara is my favourite place for kids' clothes – it does such great colours, which make everything look so much more expensive. I love French brands Cyrillus (cyrillus.com/en), Alice à Paris (aliceaparis.com/en) and La Redoute (laredoute.co.uk), too. Verity Jones (verityjoneslondon.com) does amazing hair bows and Menthe et Grenadine (menthe-et-grenadine.co.uk) is great for shoes. I love shopping for the kids but it's not guilt-free – with a boy and a girl, I can do a lot of damage in a short space of time. >

Follow @littlespree on Instagram

Sarah wears: **Top**, her own. **Denim dungarees**, £48, Topshop. **Metal and glass earrings**, £38, Anthropologie. **Leather shoes**, £415, Isabel Marant at MyTheresa. Tabitha wears: **Cashmere jumper**, £149, Harrods of London. **Mesh skirt**, price on request, Fendi. **Cotton and leather headband**, £27, Woodstock. **Leather shoes**, £30, Boden. Marlow wears: **Cotton top**, £87, Bonpoint. **Denim jeans**, £150, Fendi.

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DEBORAH BRETT, founder of minifashionfile.blogspot.co.uk and mum to Phin, six, Mini, four, and Otilie, 18 months

I started Mini's Fashion File to thank all the people who bought my daughter Mini the most spectacular outfits. I was so overwhelmed by people's generosity that I wanted them to see her wearing them.

My favourite high-street brands are H&M (I buy things in more than one size so the kids don't grow out of them too quickly!) and Gap Kids. I loved its collaborations with Stella McCartney and DVF and I've already got my eye on the GapKids x JunkFood collaboration with artists Haring and Basquiat, out next month.

I also love the Spanish brand La Coqueta (lacoquetakids.com), British label Elfie (elfielondon.com), Dixon & Daughter (dixonanddaughter.co.uk) in Scotland and Oeuf (oeufnyc.com) in New York. I find it odd how much enjoyment I get out of shopping for my kids; nothing makes me happier than dressing them all matching. I'm trying to max out on that as I'm fully aware it won't last. »

Follow @deborahbrett on Instagram



Deborah wears: **Cotton shirt**, £280, Marc by Marc Jacobs at Fenwick. **Silk-mix skirt**, £1,450, Oscar de la Renta at Harrods. **Watch**, her own. **Suede shoes**, £475, Jimmy Choo
 Phin wears: **Cotton shirt**, £80; **cotton T-shirt**, £45; **denim jeans**, £95, all Burberry
 Otilie wears: **Silk dress**, £175; **cashmere booties**, £65, both Burberry. **Cotton bow**, £6, Marie-Chantal
 Mini wears: **Silk dress**, £145; **canvas espadrilles**, £95, both Burberry. **Ribbon headband**, £9, La Coqueta

LITTLE STYLE TRIBES

From white boho dresses to crazy-print knits, we've got your kids' spring style sorted

Cool kids, from left: Cornelia; Marlow and Tabitha; and Mini and Phin

Minimal



Cotton sweatshirt, from £60, Stella McCartney at Harrods

Cotton-mix dress, from £26, Boden



Canvas pouch, £15.50, La Cerise sur le Gâteau at Scandi Mini

Fleece joggers, £36, Bobo Choses at Scandi Mini



Cotton blazer, £51, Billybandit



Cotton trousers, £32, Petit Bateau



Boho



Cotton Baby-gro, £45, Marie-Chantal at Harrods



Cotton cardigan, £192, Roberto Cavalli



Leather booties, £18, Clarks



Denim shorts, £89, Armani Junior



Cotton dress, £99.95, Chloé at Harrods



Cotton top, from £22, Monsoon



Suede shoes, £40, Ugg Australia



Bright



Crepe dress, £310, Roksanda Ilincic at Harrods



Leather sandals, £28, Boden



Tulle pom-pom hair clips, from £9 each, Woodstock



Waterproof cotton raincoat, £29.95, Gap



Leather and suede trainers, £240, Dior



Cotton dress, £29, Billieblush



Cotton jumper, from £16, John Lewis



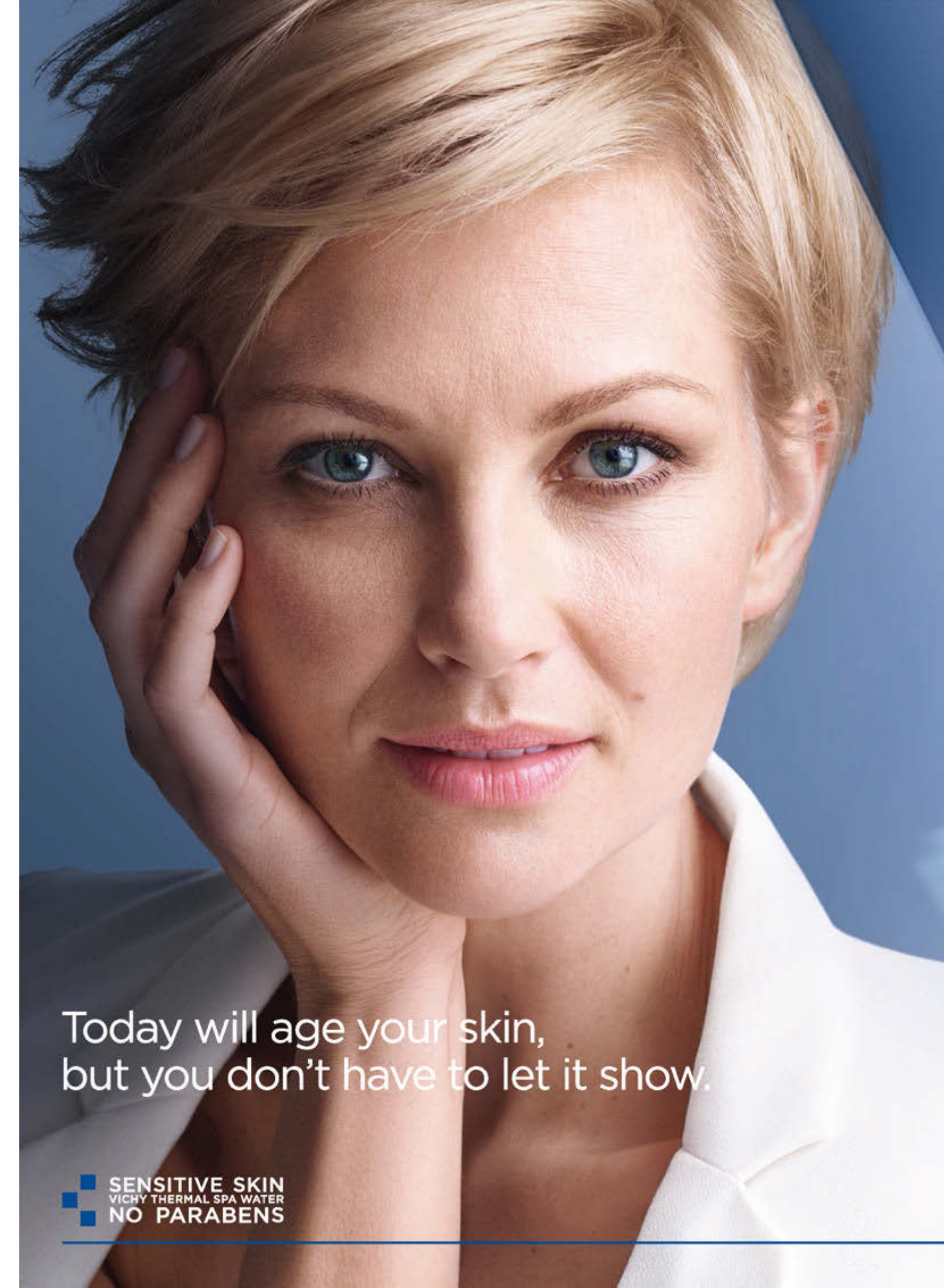
For more on kids' style tribes, visit REDONLINE.CO.UK



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POWER PLAYERS

Trial the new trends with a key accessory or two. Instant update guaranteed

*Photographs OMER KNAZ
Styling POLLY KNIGHT*

GO GRAPHIC

Smart with suiting, bold with denim and quirky with a simple party dress: buy into monochrome and blast your basics into the new season »

Leather clutch, £140, Karen Millen. **Leather bag**, £700, 3.1 Phillip Lim at Monnier Frères. **Leather shoes**, £525, Manolo Blahnik

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**NAVY & NUDE**

Classic navy ups its cool factor when paired with pink and nude. This new palette works well with sporty shapes – a bowling bag or a block heel. Wear with tailoring to freshen up on-duty dressing »

FROM TOP: **Leather shoes**, £68, Topshop. **Leather bag**, £159, Radley. **Leather bag**, £1,295, Bally

RETRO REVIVAL

From Gucci to Tommy Hilfiger, the S/S collections embraced a Seventies aesthetic – albeit with a twist for 2015. Buy into the trend with platform heels, a chic saddlebag or pair of oversized shades.

Acetate sunglasses, £165, Markus Lupfer by Linda Farrow Gallery. **Leather and metal bag,** £1,060, Chloé. **Leather shoes,** £85, Dune



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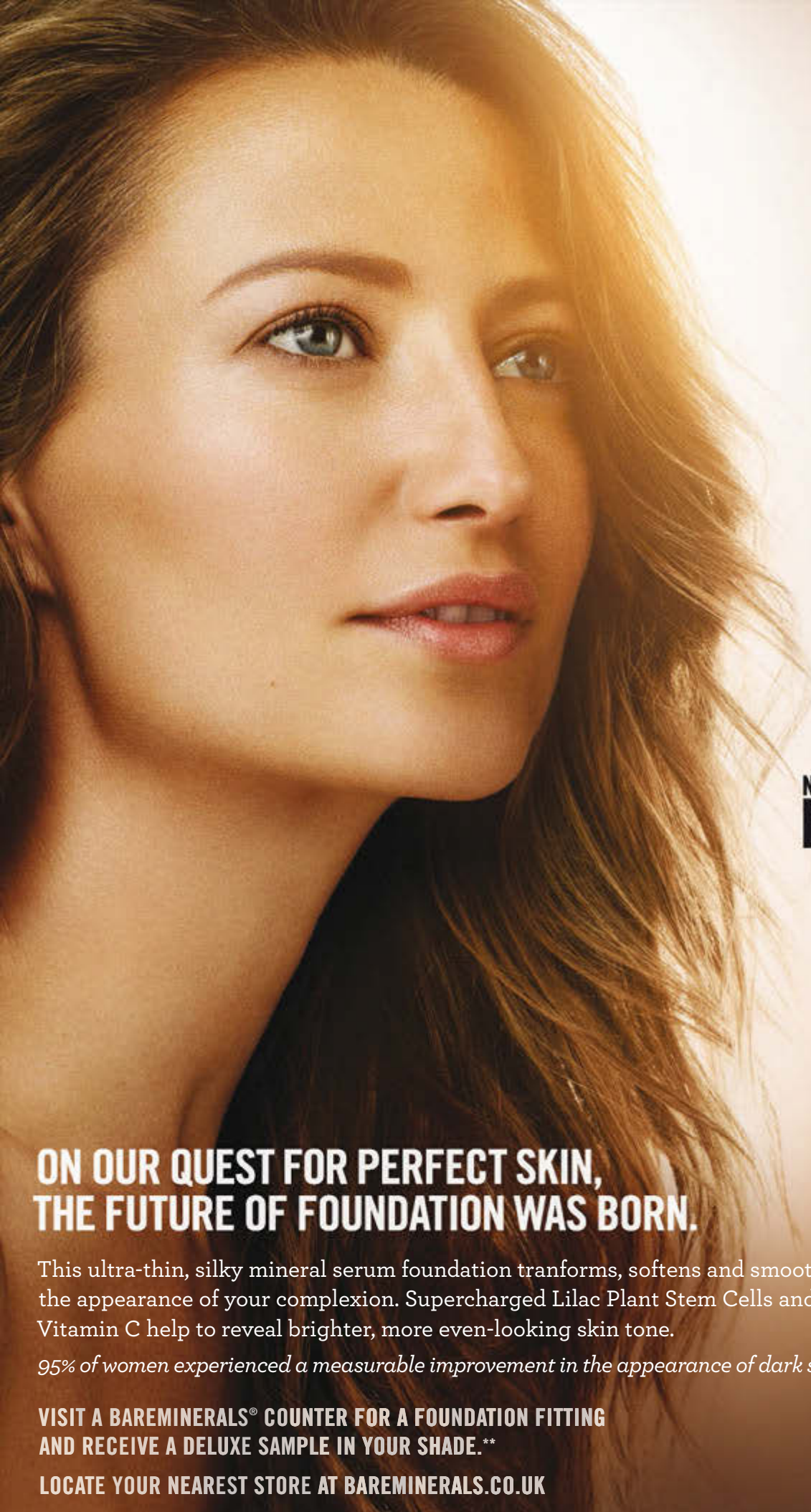


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Paul Smith S/S 15



Metal cuff,
£12.50, Freedom
at Topshop



*Utility
+ gold*

Luxe + relaxed = an effortlessly stylish outfit every time. Sleek gold extras will add polish to more functional basics.

Leather backpack,
£820, Jerome Dreyfuss



Canvas trainers, £365,
Stella McCartney



Sonia Rykiel S/S 15



Leather shoes, £440,
Aquazzura



WARDROBE UPDATE

PICK 'N' MIX

Suiting + sporty

On-duty tailoring goes off duty as soon as you add trainers and a backpack. Get mileage out of your suit and choose noisy animal prints to give a business look a playful twist.

Mix and match key spring trends with the newest accessories to create a look that's this-season fresh

Leather bag tassel,
£350, Anya
Hindmarch



Glitter and patent-leather shoes,
£450, Sophia
Webster



All-white + tobacco

We all know summer skin looks great with white and the same rule applies to accessories. Break away from monochrome and match head-to-toe white with softer tobacco and tan for a modern vibe.

Leather sandals,
£140, Geox



Holly Fulton S/S 15



Acetate sunglasses,
£260, Marni

Pattern + quirky

It's tempting to go plain and simple with your accessories when you're wearing pattern, but this season embrace the clash and pair quirky, bright pieces with your loudest prints.

Leather bag, £395,
Sophie Hulme



Acetate sunglasses,
£15, Marks & Spencer



Michael Kors S/S 15

JJ Martin,
queen of
retro chic



1980s necklace,
£575, Ugo
Correani for
Christian
Lacroix

STYLE FIND

VINTAGE FLAIR

Front-row maven JJ Martin is the guru of vintage fashion. With a new website dedicated to her modern-day-vintage mission, meet the woman putting some serious cool into online shopping

When it comes to vintage fashion, nobody does it better than journalist and F-row regular JJ Martin. As well as writing for *Harper's Bazaar*, *Wallpaper** and *WSJ* magazine, she's an expert in vintage – buying it, styling it, and now showing us how to wear it. Her latest venture, La DoubleJ, is a shoppable online treasure trove of fabulously eclectic, hand-picked vintage buys from around the globe, along with insider tips and inspiration on how to work them into your everyday wardrobe. Based in Milan, La DoubleJ also takes you on a behind-the-scenes tour of the city's most stylish addresses, so you can explore Italy's creative capital while you browse – the very best kind of window shopping.

All items from a selection at ladoublej.com



1980s coat, £590
Sant' Agostino

1975 two-piece,
£290, Sartoria Italiana

1970s dress,
£700,
Lancetti Alta Moda

See the fashionistas working eclectic vintage every day at REDONLINE.CO.UK

1980s cuff, £1,230,
Robert Goossens for Yves Saint Laurent

JJ's vintage tips

1 GO WITH YOUR GUT. If you're not absolutely in love with something, don't buy it. This applies as much to a cheap-and-cheerful brooch as it does to a £1,500 designer necklace.

2 JUST BECAUSE SOMETHING IS UNSIGNED, DOESN'T MEAN IT DOESN'T HAVE VALUE.

A lot of our jewellery by Ugo Correani for Versace (left and right) was made in the 1980s when Correani was better known than Versace. So even though they were designed for Versace, they did not bear the label's mark. Historically,

however, they are true gems. Equally, prototypes – samples that didn't go into production – may not have a label but they're guaranteed to be one of a kind.

3 LOOK FOR SPECIAL MATERIALS. Your best value comes from complex beaded or embroidered clothing that today costs so much more to produce. You can buy a beautiful vintage sequinned dress for a tenth of the price of a new one.

4 VINTAGE MEANS THE PIECE IS OLD AND HAS BEEN WORN BEFORE, SO YOU'LL ALWAYS FIND IMPERFECTIONS.

Handle with care, and know that small bumps and bruises are normal.

1930s earrings,
£476, Miriam Haskell



Compiled by Coragh Brennan.
Portrait photograph The Selby



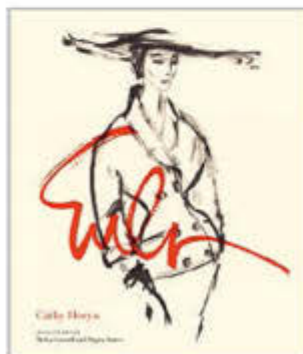
JJ Martin's street style is a mix of old and new

COFFEE-TABLE COUTURE

The most covetable fashion books to pore over this month



Obsessive Creative by Collette Dinnigan (Harper Design, £50; out April 10th) Told through a wonderful collection of stories and inspirational pictures, this is a vivid account of Australian fashion designer Collette Dinnigan's life.



Joe Eula by Cathy Horyn (Harper Design, £50) A celebration of prolific graphic designer and illustrator Joe Eula, whose work includes runway and showroom sketches for Chanel, Givenchy, YSL and Dior. You'll be tempted to tear the pages out to frame.



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JEWELLERY

LINKED

IN Chunky chains are having a moment. Time to bulk up

Metal necklace, £12.50, Wallis

Brass necklace, £235, Ela Stone at Monnier Frères

Brass and crystal necklace, £575, Lanvin at Harrods

Silver and metal bracelet, £380, Follie Follie

Palladium, black onyx and crystal necklace, £2,200, Dior

Brass bracelet, £105, Marc by Marc Jacobs at Net-A-Porter

For more chunky jewellery, visit REDONLINE.CO.UK

JIMMY CHOO

BLOSSOM

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INSTANT REFRESH

No need for a complete makeover – with these three key buys, you'll be updated for spring and beyond, says fashion writer Carolyn Asume

Photographs EVA K SALMI

TS Eliot wasn't kidding when he said April was the cruellest month. Although, somehow, I don't think he was referring to the sense of crushing defeat upon realising that all the lovely spring clothes staring out tantalisingly from the style pages of the glossies only work with a thick pair of tights or a polo neck.

Hopefully, though, it's around now, as birdsong fills the air, that we can begin to get to grips with 'the big reveal' and, with it, the key items – let's call them the game-changers – that are going to update our wardrobes for spring.

I don't believe in a radical change of 'look' each season (not very cool on a grown woman), but here are the pieces that are going to up my fashion game and slot in with the clothes I already own.

First up is the suede midi skirt, spied on the Gucci and Pucci catwalks (with a front split if you're feeling adventurous) and possibly the quickest way to confer newness on your wardrobe. Not only does it add a certain gloss to an outfit (mostly because there's the assumption that you will never be caught out in the rain) but soft suede feels a lighter, fresher alternative to denim. It looks just as great with a T-shirt or crisp cotton shirt as it does with a fine-knit crew neck. Jaeger has a gorgeous grey one, while Asos and Oasis have produced pale, heathery-pink versions. Shoe-wise, unless you have very slim calves this should probably be attempted with a heel (although nothing too spindly), or one of the season's many flatforms.

Also on my list is a boiler suit, which taps into the current utilitarian trend. This was the unofficial uniform of the street-style blogging set at the shows and, mark my words, you will be living in yours once you've found the one that works for you. Personally I'm swayed by a khaki cotton-twill style from Isabel Marant, but there are plenty of other versions – from brushed denim at Topshop to black silk at Eileen Fisher. They can be dressed up or down with a quick heel change and allow you to run around with ease while still ensuring you look very much of-the-moment.

I also have my eye on a duster coat by Atea, which is planet fashion's Duracell bunny: its styling possibilities go on and on. Few coats or cover-ups flatter everyone and look as great slung over denim flares as they would over the aforementioned suede skirt and a pair of Adidas Stan Smiths. They are a doddle to 'shoulder robe' in and surprisingly practical. And sometimes being practical is no bad thing.



Carolyn wears:
Cotton coat, £560, Atea Oceanie.
Cashmere jumper, £375, Margaret Howell. **Suede skirt**, £298, Iris & Ink at The Outnet.
Suede shoes, £250, LK Bennett

If there's one thing I've observed over the years about the stylish, it's that aside from looking fabulous, they're also comfortable – not for them mincing around in shoes they can't walk in or fiddling with hem lengths that are too short or long. It's why we ape that strand of French dressing embodied by model blogger Caroline de Maigret and a style posse who may all wear (once you've actually dissected it) the same navy sweater and trench coat but wear it so effortlessly as to look completely 'bien dans sa peau'. I am never apologetic about wearing the same new-season items A LOT. Trust me, people will take this as confidence that you have a definite style, rather than not owning enough clothes. As for the bleary-eyed getting dressed in the morning, you will never have *nothing* to wear. 🍷

THE GAME-CHANGERS

Duster coat

Try a duster for the weekend, slung over a pair of jeans and trainers.



Cape coat, £70, Oasis

Suede skirt

Get a 1970s twist with a suede skirt, patterned shirt and cross-body bag.



Suede skirt, £350, Jaeger

Boiler suit

Give polish to a boiler suit by wearing with a block heel and an oversized blazer.



Denim boiler suit, £65, Topshop

For more new-season must-haves, visit REDONLINE.CO.UK



All prices are non-binding RRP's including VAT. Prices are subject to change from time to time without prior notice. Please check with the participating boutique on the item of purchase. Miranda wears items priced from £49 to £219.

Collection from £49


SWAROVSKI

1 ITEM 3 WAYS

MAKE IT WORK: CULOTTES

It's the trouser trend that's not going away. Here's how to style culottes from work to weekend



Oxidised silver-plated and Swarovski crystal earrings, £246, DanniJo

Investment buy



Silk bomber jacket, £710, Stella McCartney at Browns



OPI
Down to the Core-al Nail Lacquer, £11.95



Glitter and leather sandals, £365, Tabitha Simmons

PARTY

Dress things up for night with a printed jacket and a touch of glitter.

Sterling silver and 14ct gold stacking rings, £45 each, Pandora



Le Labo
Rose 31 EDP, £150 for 100ml at Liberty



WORK

Add a silk shirt and a mid-heel to keep your culottes workwear-appropriate.

Silk shirt, £205, Equipment



Leather shoes, £75, John Lewis



GREAT HIGH-STREET BUY



Leather bag, £660, Longchamp

See how to wear more tricky new-season trends at REDONLINE.CO.UK

Cotton culottes, £189, Hugo



Metal sunglasses, £275, Fendi



WEEKEND

A red stripe freshens up tobacco. Clash your prints and add statement leopard flats for a cool off-duty look.

Leather bag, £270, Whistles



Cotton top, £70, MHL by Margaret Howell



Add a quirky key ring to instantly update your bag

Leather key ring, £75, Aspinall of London



Leather key ring, £195, Anya Hindmarch



Leather shoes, £50, Office

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HOW TO WEAR

SPRING LEATHER

Light and ladylike, meet your new wardrobe multitasker. Time to get a second skin, says our model and style director Oonagh Brennan

Photographs EVA K SALVI

Off-duty leather

The leather shell top makes way for the leather shirt this season. So versatile, it can double up as a short-sleeved jacket, worn open over a cashmere knit or T-shirt.

Wear at the weekend with distressed jeans (try white) and flats or trainers.

Leather shirt, £645, Dorothee Schumacher. **Denim jeans**, £198, AG. **Linen and leather shoes**, £435, Tabitha Simmons



Go faux

Update your faithful black biker jacket to a pastel version. Leather can be an expensive investment so test the trend with faux to begin with.

Faux-leather jacket, £60, Next. **Cotton top**, £69, Cos. **Denim jeans**, £85, Levi's. **Leather shoes**, £445, Tabitha Simmons



BEST HIGH-STREET FAUX LEATHER

EDITOR'S FAVOURITE

The luxe midi skirt

The paper-bag waistband gives a relaxed, sporty nonchalance to this buttery leather midi skirt. The combination of a super-luxe fabric and an easy silhouette makes it the perfect day-to-night piece.

Cotton top, £35, French Connection. **Leather skirt**, £469, By Malene Birger. **Brass bracelet**, £285, Chloé at Monnier Frères. **Leather shoes**, £650, Jimmy Choo



INVEST IN PASTEL ACCESSORIES

As tempting as it might be to play safe and opt for classic black or brown, treat yourself to leather accessories in ice-cream shades this spring. They'll fast-track your outfit into the new season. 



Leather wallet, £405, Balenciaga at Matchesfashion.com



Leather bag, £395, Sophie Hulme at Matchesfashion.com



Leather bangle, around £390, Fendi



Leather bag, £505, Meli Melo



Leather shoes, £75, Dune

For more how-to-wear tips from Red's style director, head to REDONLINE.CO.UK

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KIDS SPECIAL

FASHION NOTEBOOK

LITTLE PETAL

A pretty floral dress is just the thing for warm days out.

Cotton-mix dress, from £22, J by Jasper Conran; **plastic sandals**, from £10, BlueZoo, both at Debenhams



Hangar appeal

Sweet lemon gingham and soft chambray shorts make the sunniest combination.

Cotton top and lyocell shorts set, £16, Marks & Spencer



HAPPY SOLES

What could be more fun than rainbow feet?

Suede and denim shoes, £36.99, Primigi

Sterling silver bracelet (for children), £60, Biography by Astley Clarke

For mum

Celebrate Mother's Day with a Theirworld charity bracelet by Astley Clarke – 20% of sales goes to the charity.

18ct gold-vermeil bracelet (for adults), £140, Biography by Astley Clarke



MAKE A SPLASH

Colour-pop wellies to brighten any rainy day.

Rubber boots, £45, Hunter



Buttoned up

These versatile dungarees will see them through the summer.

Cotton dungarees, £59, Hugo Boss



Wrap up, stay cosy



Spring calls for snuggly layers in cool shades of grey.

Cotton hoodie, £48, Timberland



Keep the breeze at bay with Moncler's super-smart jacket.

Nylon teflon jacket, £160, Moncler

DENIM HIT

DKNY's denim playsuit is practical and fun.

Denim playsuit, £47, DKNY



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L'ORÉAL
PARIS

ROSIE GREEN

Here's one I aged earlier

Seriously shabby, surprisingly grubby and totally knackered, our columnist is all over this trend



I am throwing cow poo at our back wall. Yes, yes, bovine excrement that was actually – turn away now, any officers of the law – appropriated from a local field. I am wearing my standard home-improvement kit (erm, my usual clothes) and now am acutely conscious that there is splashback on everything, including my new J Brands and my husband.

Alpha Male regards me with a mix of bemusement and exasperation and continues to prune (massacre) my roses. I have undertaken this rather unpleasant task because I read in *Homebuilding & Renovating* (how times have changed) that this will encourage mossy growth, which will add a subtly aged look to my modern bricks. I am nothing if not dedicated to stylistic perfection.

It's a constant battle to keep AM abreast of the subtle advancements of my aesthetic. He himself is immune to trends, his Joey Tribbiani haircut only recently, and under much spousal pressure, becoming more Amal-era George Clooney (expect to see an international dip in gel sales).

Mostly, actually always, he is nonplussed at my ever-changing taste. Take flowers: though I pester AM for them, when he does succumb, it always highlights our aesthetic gulf. I managed to wean him off garage flowers early doors (sticker residue, doily-printed cellophane wrappers and primary colours = not good) urging him to go for ALL-WHITE blooms instead. This simple direction cleverly excluded the eye offenders that are gerberas, dyed-blue roses or those birds of paradise things you see men walking home so proudly with.

Trouble is that now, to truly gladden my heart, a bunch has to be a multicoloured jumble of country cottage-type flora. And that is much more open to misinterpretation. I have tried saying they need to be meadow-like flowers that basically look like they have been picked on a verge of a tumbledown cottage that belongs to Sheherazade Goldsmith or similar. Readers, I lost him at 'meadow'.

Sadly for AM, it's not just flowers that need to be dishevelled, home-

grown or artfully shambolic. Vegetables require suitable dirt and allotment-esque irregularity of shape, eggs need feathers attached and apple juice should be cloudy and come from a farm with Alice Temperley connections.

I want my mirrors antiqued ('So you can't, erm, actually see yourself, Green?' says AM, shaking his head in disbelief) and my clocks to look like they lived on a French station wall circa Liz Taylor's first decree nisi. Wine bottles need to be dusty and children's hairstyles must come courtesy of surf, sun and the occasional self-trim.

But boy, it's expensive to look shabby these days. I frequently spend my hard-earned cash on pricey French clothes that look like they've been insouciantly trashed by some Clémence Poésy style ingénue (think frayed hems and worn-out knees). And I'll spend £25 on a blow-dry that must, under no circumstances, look like I've been for a blow-dry.

But it is home decoration where this aesthetic creates most incredulity in AM. Annie Sloan chalk paint?

Velvet cushions that are deliberately threadbare? Purposefully faded wallpaper? Utterly incomprehensible to him. And don't get me on to 'tumbled floorboards', which are 'smoked' and then hand-beaten with chains (yes, really) by Gauloises-toking Frenchies so as to look like they originate from a down-at-heel 18th-century chateau.

It's while debating said planks that AM has a eureka moment. 'So it's about everything looking old, knackered and endearingly scruffy?' he says proudly. Then, like the sun coming out from behind a cloud, brightness spreads over his cow manure-splattered face. 'Excellent, Green,' he says, hoicking up his Screwfix trousers with the compromised fabric around the crotch. 'In that case I think you'll find I'm perfectly on trend.' 🍷

'I want my CLOCKS to look like they lived on a station wall CIRCA Liz Taylor's first decree nisi'



Read more from Rosie at REDONLINE.CO.UK



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BIM ADEWUNMI

The first rule of feminism? *Speak up*

The theme of this year's International Women's Day, on March 8th, is 'make it happen'. Bim Adewunmi has a few ideas about just how you can do that...



I USED TO BE A LOT MEEKER. I LET THINGS SLIDE, TRIED NEVER TO KICK UP TOO MUCH OF A FUSS.

It's difficult to say what changed exactly – was I bitten by a radioactive spider? Did I get my skeleton replaced with an indestructible metal alloy?

Of course not. It wasn't anything as dramatic as the superhero movies would have you believe. The far more likely explanation is that it was the cumulative effect of small lessons and misadventures, multiplied by the passage of time, plus the accrued wisdom of my elders. All I know is there was a change in me, and it was a positive change. And when I started to speak up, I couldn't stop.

With International Women's Day on March 8th (yes, there is an International Men's Day, too, on November 19th), I have been thinking of this year's theme: Make It Happen. Much more than just the title of a classic Mariah Carey jam, the idea is about 'encouraging effective action for advancing and recognising women'.

Every right we, as women, enjoy today – from being able to vote or live alone, to having sex without the fear of unwanted pregnancy or working outside of the home – is a legacy right. Inherited from previous generations, these are rights we, ourselves, did nothing to influence or bring into the world. And we know, even as we celebrate these rights, that we are still far from equality. Here in the UK, the Equal Pay Act of 1970 was succeeded by the Equality Act of 2010 – and yet here we still are, earning substantially less than men.

And that's not our only problem. Women and girls across the world face disproportionate levels of violence and poverty from birth to (often early) death. Maternity health is a grim joke, abortion rights are consistently strangled by powerful lobby groups and governments, girls are pulled out of education – if they are allowed to go to school in the first place – and women and children displaced by war live under despotic conditions in detention centres and refugee camps. It's easy to get overwhelmed by the sheer scale of the work ahead. But be not discouraged! The key is in opening your mouth and using your voice.



'It's bad enough when our RIGHTS are stolen from us, but to HAND THEM OVER, unused, is the bigger CRIME'

There is no room for feeling guilty about not tackling the 'big bad enemies' of women – misogyny and sexism are many-headed hydras, and tackling the 'smaller' issues feeds into the beast at large. So park your feelings of inadequacy at the door and get on with it. The battles might look very different today, but one way of fighting the inequalities remains the same: we consistently speak out against them, and we never shut up. It's bad enough when our rights are stolen from us, but to hand them over, unused, is the bigger crime.

For me, that means saying something when sexist language is casually used. As a writer, it means looking at subjects that often get ignored, sometimes even by mainstream feminism. It means accepting positions in advisory groups and on festival panels. It means calling out the unhelpful behaviour of friends and colleagues. It

means using whatever social capital you have to highlight the voices of other, marginalised women, to give platforms to those without platforms. It means giving people the space and time to talk about their oppressions, in their own words. It means talking to groups of girls and young women and bringing them new perspectives – and, a lot of the time, giving them tacit permission to speak up for themselves.

Inherent in our legacy rights is a responsibility to keep talking about the inequalities that persist. There are always going to be 'more important' fights going on – that's why consistently calling out and speaking up against

the smaller ones matter. Often they are the building blocks upon which larger inequalities are based. And from speaking up comes the next stage: organising and doing something. The two should always go hand in hand. If nothing else, it means that when you grow weary, when you may be tired of speaking up, someone else will speak for you.

Speaking up is perhaps the easiest thing in the world. All you have to do, at least at first, is open your mouth and say something. You make it happen. 

Join the conversation on Twitter @bimadew @RedMagDaily. For more on International Women's Day, visit REDONLINE.CO.UK

ANGEL

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Thierry Mugler

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[THE EDIT]

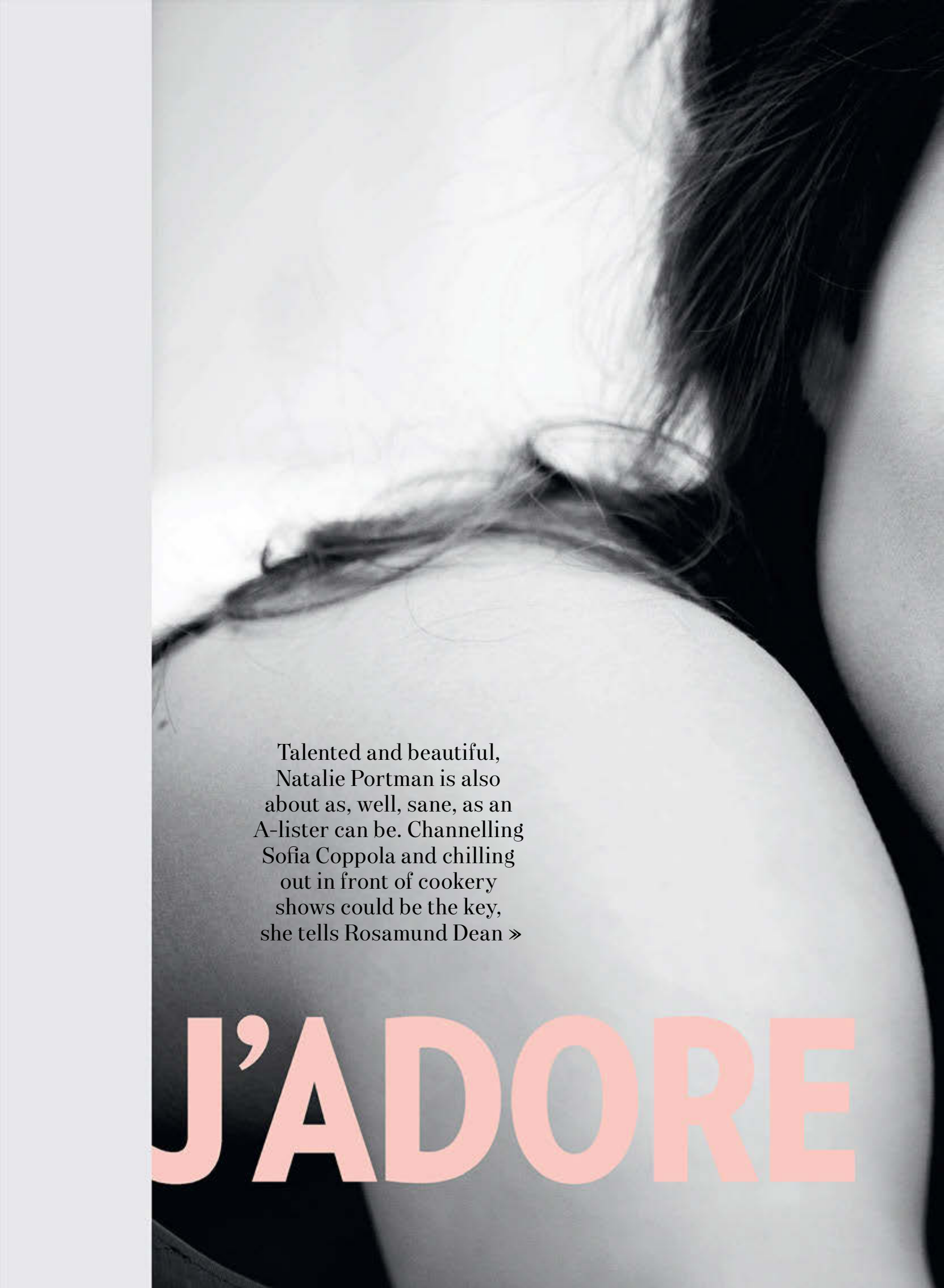
A SEVENTIES SPRING

Somerset
BY ALICE TEMPERLEY

Kyla ankle boots £150, Carrie tote bag £165, Draycott brogues £120, Kyla ankle boots £150, blouse £69, jumpsuit £99. All Somerset by Alice Temperley.

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A black and white photograph of a woman's back and shoulder, with her hair pulled back. The image is used as a background for text.

Talented and beautiful,
Natalie Portman is also
about as, well, sane, as an
A-lister can be. Channelling
Sofia Coppola and chilling
out in front of cookery
shows could be the key,
she tells Rosamund Dean »

J'ADORE

RED WOMAN

Frederic Auerbach/Contour by Getty Images

NATALIE



Natalie Portman is sitting at her desk in the Paris apartment she shares with her French husband and their three-year-old son. We're talking on the phone, but she's painting me a picture. 'I'm wearing jeans and a striped shirt,' she describes, with the matter-of-fact patience of a person often asked about what she's wearing, 'very Parisian.' 'Are you holding a baguette?' I tease. She laughs: 'Ha! Yes, and wearing a beret.' I'm relieved. While I've long been a fan of the 33-year-old actress and long-time face of Miss Dior fragrance, I have always thought of her as a very serious person and had my doubts as to how much fun a chat with her would actually be.

Despite pre-teen fame, she's a strict vegan who supports worthy causes and put her acting career on hold to take a degree in psychology at Harvard. No bad behaviour or questionable boyfriends, no weight fluctuations or dabbling with drugs. It's as if she read the book on what usually happens to Hollywood's child stars and decided to do the exact opposite. Lindsay Lohan, she is not.

Yet Portman took what might be considered a dramatic career move last year, when she relocated to Paris with her husband Benjamin Millepied, who she met when he choreographed, and had a small role in, Darren Aronofsky's *Black Swan*. Millepied now earns his

baguette et beurre as director of dance at the Paris Opera Ballet. Their son, Aleph, will be four in June.

In interviews, Portman is definitely something of an enigma. She is not the kind of person to blurt out a juicy tidbit about her personal life. That is not to say she's a steely, emotionless robot; just very considered. Yet, occasionally, there are those rare glimpses into how just-like-us she really is. Case in point: her 2011 Golden Globes acceptance speech after collecting the Best Actress in a Drama award for *Black Swan*. Glowing and pregnant, she thanked her parents, then reminded the audience that the father of her imminent baby had a small role in the film.

'He's the guy who is asked, "Would you sleep with that girl?"' and he's like, "Pff, non." Well, *he's* the best actor because it's not true! He *totally* wants to sleep with me!

Find it on YouTube because the dorky laugh that follows is a thing to behold; a delightful dose of reality in a room full of Hollywood artifice.

Starring in *Black Swan* was a game-changing moment in Portman's life for many reasons. Not only was it where she met her (incidentally,

extremely handsome) husband, but it was also the role that won her an Oscar for Best Actress, and changed people's perceptions of her. Not that she was in need of a rebrand exactly, but she was considered a bit 'safe' for »

I look to my **MOM** all the time about how she **HANDLES** herself and treats other people. She's absolutely a big **ROLE MODEL** for me

those of us who like our Hollywood icons to have an edge. Ecstasy, self-harm, lesbian sex, masturbation and violence all feature in Aronofsky's brutally deranged psychological thriller about a ballet dancer losing her mind.

In fact, it's probably Portman's riskiest role since the one that catapulted her to fame, 20 years ago – in Luc Besson's thriller *Léon: The Professional*. Then, critics fell over themselves to praise her maturity and poise. Portman was just 12 years old when she landed the role of an orphan taken under the wing of a hit man. The film is dark and heartbreaking, but her memories of that time are anything but.

'It was *so* glamorous and everything was like an adventure,' she tells me. 'It was my first movie and I was the baby on set so everyone was really sweet. And just to spend all this time in Paris (where the interior scenes were shot). At the weekends, my mom and I could go to the Rodin Museum and the Pompidou and the d'Orsay. I was exposed to a whole world that I wouldn't have had the chance to see otherwise.'

And here is a clue as to how she swerved the many pitfalls of being a child star. I can't imagine today's 'celebrity momagers' taking their daughter around the Musée d'Orsay. But Portman's parents were determined to raise a smart, sensible young woman, with her head firmly screwed on. She is an only child and the Hershlag clan (Portman is her grandmother's maiden name) are superglue-tight.

'It's probably a cliché, but it's true: I look to my mom all the time about how she handles herself and how she treats other people,' Portman says. 'She's absolutely a big role model for me.'

In the two decades since *Léon*, we have grown up with

Natalie Portman: through university, falling in love and becoming a mother. She feels like one of us. Although an admittedly glossier and wealthier version. This universal affection is probably why she was Dior's choice to be the face of its fragrance, Miss Dior. And it's a role she takes on proudly. She tells me the Miss Dior fragrance was inspired by Christian Dior's sister, Catherine, who fought with the Resistance against the Nazis. 'She was an independent, brave, strong, free-thinking woman,' says Portman. 'You can't really get much more inspiring than her story.'

The irony of this portion of Dior's history is inescapable since the behaviour of former creative director John Galliano, who was captured on film in 2011 hurling

anti-Semitic insults at a woman he thought was Jewish. Portman immediately released a statement saying that she was 'shocked and disgusted' by the footage, adding, 'As an individual who is proud to be Jewish, I will not be associated with Mr Galliano in any way.' He was subsequently fired from Dior and, last year, lost

a £10 million unfair dismissal case against the brand.

Portman's Jewish heritage means a lot to her. Her son, Aleph, will be raised in the faith and Millepied is in the process of converting to Judaism. And, for her directorial debut, Portman has chosen to adapt *A Tale Of Love And Darkness*, the memoir of Jewish author Amos Oz, who

advocates a two-state solution to the Israeli-Palestinian conflict.

It's a passion project for Portman, who not only directs but produces, wrote the screenplay and stars in the film as Oz's mother.

It's brave, I remark, to tackle such controversial and emotionally charged subject matter. Portman pauses before answering. 'It's really a beautiful story of a family,' she says eventually, 'and it's a very

human story. It was so moving to me, and so... I didn't have any doubts about it.'

The role of director suits Portman, who relishes having more control than she is allowed as an actress. 'It's a lot of responsibility, but a wonderful opportunity to *own* your work at the end,' she says. 'When you make a film as an actor, whether it turns out good or bad, I always have to either credit or blame the director. It's really a director's medium.'

And, having worked with directors including Michael Mann (*Heat*), Anthony »

“ As an individual who is **PROUD** to be **JEWISH**, I will not be associated with Mr **GALLIANO** in any way ”



ABOVE: Portman, aged 12, in *Léon: The Professional*, with co-star Jean Reno; and in *Black Swan*



Wearing Dior on the red carpet, Shanghai International Film Festival 2014



KAREN MILLEN

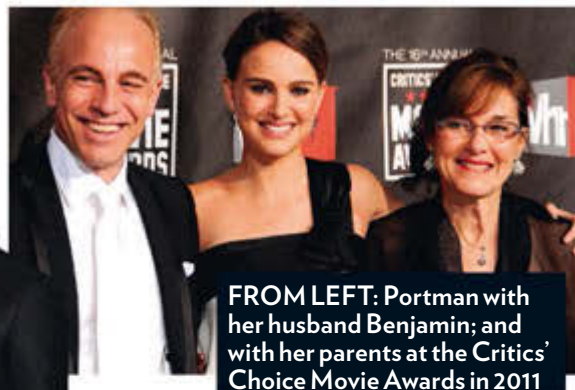
KARENMILLEN.COM

Minghella (*Cold Mountain*), Mike Nichols (*Closer*) and Terrence Malick (the forthcoming *Knight Of Cups*), Portman has learned from the best. Interestingly, though, she has talked in the past about the way in which male directors treat male and female actors differently. 'Not always for the worse,' she says now, 'but it's just a different relationship. Sometimes male directors have a hard time with male actors. They just can't get along with them.'

Of course, many directors see themselves in their male lead, causing friction. The other side of that coin is that these directors see their leading actress as a fantasy figure. 'Obviously, a lot of times male directors will sexualise you in a way, or objectify you in a way,' Portman agrees. 'Or they might treat you more gently or just something that is *different* to how you would be treated if you were a male actor.' She cites Mike Nichols and Darren Aronofsky as rare examples of directors 'who treated me just as a person, not by gender'.

This is one of many reasons why the film industry desperately needs more female directors. With a few notable exceptions (like Kathryn Bigelow, the only woman ever to have won the Oscar for directing), female directors are still disappointingly thin on the ground. Women comprised just 6% of all directors working on the top 250 films of 2013.

Portman agrees we need more women directing films. 'Not fewer males, just more females,' she says, firmly. 'I love male stories, you know, they help me see the world in different ways. But we need more opportunities for women. I don't think it's that fewer women *want* to direct, because in film schools there are equal numbers of men and women. I think there are institutional biases against women that don't allow them to have as many opportunities, or are as comfortable with them being in leadership roles. It's different in different cultures, too. In France, for example, the new generation of directors of my age is, I'd say, *more* women than men.' So the tide is finally turning? 'Let's hope.'



FROM LEFT: Portman with her husband Benjamin; and with her parents at the Critics' Choice Movie Awards in 2011

Sofia Coppola is so **TALENTED** and calm. I thought about her a lot when I was **DIRECTING** because she is just **UNFLAPPABLE**

When talking about the women that inspire her, Portman cites Malala Yousafzai ('just so, so brave'). And, as a director, Sofia Coppola, who has shot Portman in campaigns for Dior in the past, although they have yet to work together on a film. 'Oh, I would be *thrilled* to do that,' gushes Portman. 'Sofia is so talented and so calm and she really has a vision. I thought about her a lot when I was directing because she is just unflappable, you know, so cool in any situation. And I tend to get stressed out. So whenever I would feel myself getting stressed I'd try and channel Sofia.'

So you basically thought, what would Sofia do? 'Exactly!' She laughs uproariously. 'I need that on a bracelet.'

With so much going on right now, how does she like to relax? 'Spending time with my family' is the closest she will come to giving me any insights into the Portman-Millepied home life. Anything else? 'I watch food television,' she admits. 'Like, cooking shows.' My mind immediately conjures up an image of Portman sautéing a little something for her French family because she saw it on TV. 'Oh, I don't *cook* the recipes,' she clarifies, 'I just watch them. I'm very lazy.'

And with that, my imagination tumbles back to reality. Despite the glittering career, the impossibly beautiful family and the undeniable poise, Natalie Portman can be a slob, too – just like us. **Miss Dior EDT, £55 for 50ml, is available nationwide**

QUICKFIRE NATALIE

Book *Lolita* by Vladimir Nabokov

Website curbed.com – it's just real estate, but it's my secret habit

Food Pasta

Music Stevie Wonder

Beauty essentials Joëlle Ciocco face wash, Pai moisturiser and Dior Addict Lip Glow

Film Terrence Malick's *Days of Heaven*

Fragrance Miss Dior, of course!

See Natalie Portman's life in movies at **REDONLINE.CO.UK**



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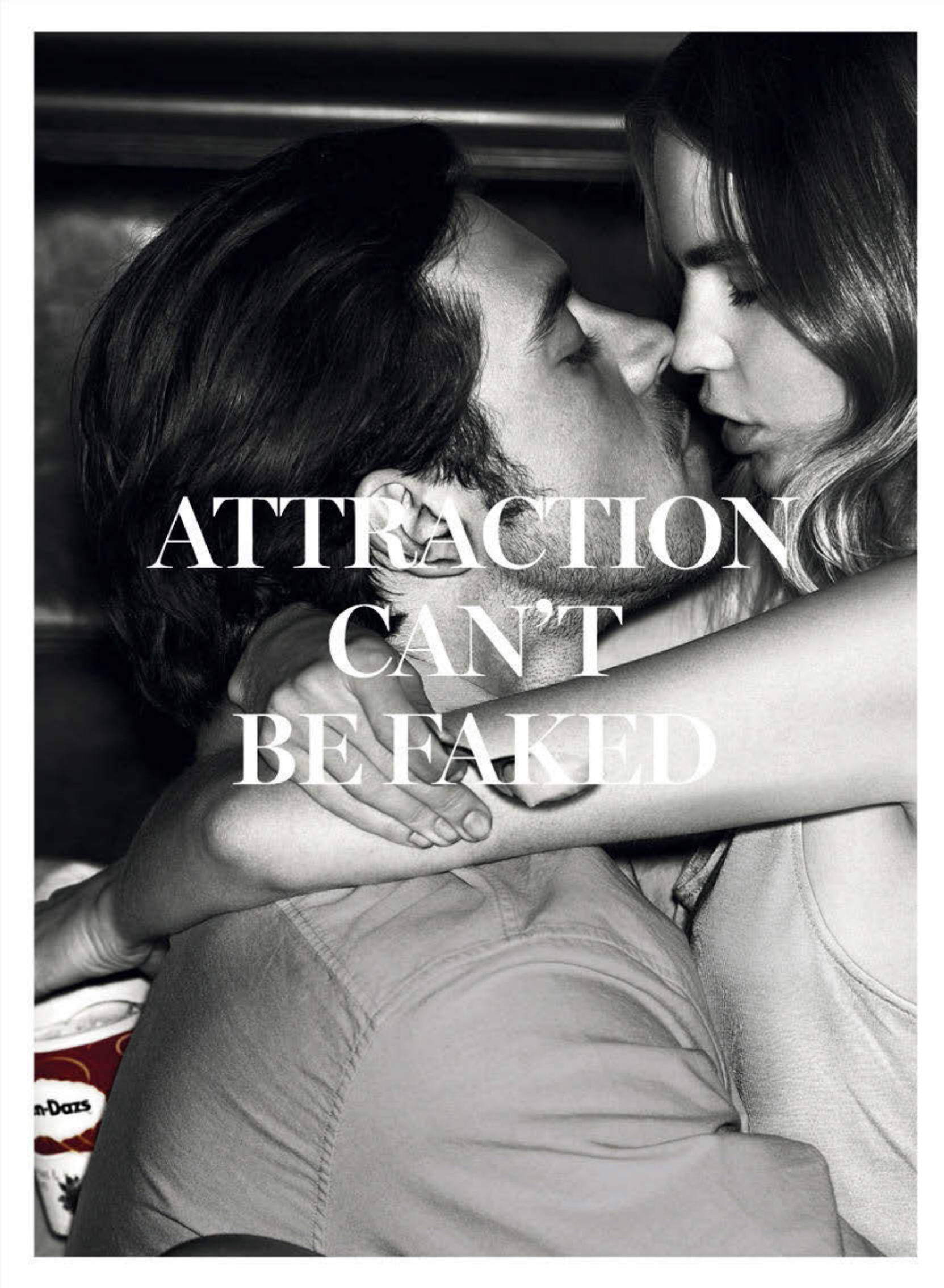


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NOTHING IS BETTER THAN REAL

Thea Bregazzi and Justin Thornton, photographed for *Red* in their London studio, with daughters Blythe (left) and Fauve



Fashion's **FIRST FAMILY**

Preen by Thornton Bregazzi is known for its modern coolness and celebrity following. Deborah Brett meets the design duo, otherwise known as Justin Thornton and Thea Bregazzi (and their two girls, who inspired the sought-after Preen Mini range), for a lesson in the work/life juggle »

Photographs ANDERS OVERGAARD



You might expect things to be a little frenetic, possibly even fraught, on stepping into Preen's west London studio the morning of their *Red* family photoshoot. And yes, Blythe, age two, is balancing precariously on a pair of Velcro-strapped stilettos from Preen's S/S 15 collection, while swathed in one of the brand's floral showstoppers. Older sister Fauve, six, is hanging off her dad's shoulders. Of course, the girls' Preen parents, designers Thea Bregazzi and Justin Thornton, are quite unfazed by the experience, and are smiling away while the photographer snaps and the styling team adjusts hemlines and balloons.

'Fauve has been coming to the shows in New York since she was nine months old,' explains Bregazzi of her daughter's ease in front of the camera. 'We used to have a backdrop where all the models would have their photo taken and she would stand there waiting to have hers done. But on the Preen Mini [the brand's childrenswear collection] shoots she doesn't want to be photographed. She says, "I want to be like you, Mummy" – she wants to be behind the scenes.'

Behind the scenes of the incredibly successful and resilient British design brand – and winner of Establishment Designer of 2014 at The British Fashion Awards – is not a bad place to be. Eighteen years after setting up shop on London's Portobello Road, the privately owned label now produces seven collections a year, plus swimwear and sunglasses, selling to over 25 countries worldwide.

'We were never the next big thing,' explains Thornton candidly. 'I do feel for the designers who are two seasons out of college and have this huge expectation. We are slow-burners; we're definitely the tortoise in the tortoise-and-the-hare scenario.'

THEY MAY NEVER HAVE THOUGHT ABOUT BUILDING AN EMPIRE, BUT BOTH THORNTON AND BREGAZZI ARE EQUALLY DETERMINED AND AMBITIOUS, and have conquered the fashion world – albeit in a stealth-like style. All the front-row fashion editors and buyers wear their clothes, and celebrities too seem smitten with their

'We were never the NEXT BIG THING... we are slow-burners; we're definitely the TORTOISE in the tortoise-and-the-hare SCENARIO'

THORNTON



Running a fashion empire and raising two small children is business as usual for team Preen

play on colourful, elegant yet casual glamour. Everyone from 22-year-old pop princess Demi Lovato to forty- and fifty-something supermodels Helena Christensen and Yasmin Le Bon are fans of the label.

But what makes this pair stand out from the rest of the fashion

world is their domestic arrangement. The 41-year-olds have been 'together' since they were 23, after meeting as teenagers in art college on the Isle of Man. Although they're always referred to as a husband-and-wife team, they're not technically married. 'It's a bit tricky because you always feel a bit daft saying "boyfriend" and then "partner" feels a bit odd,' admits Bregazzi. 'We are engaged. We got engaged on Fauve's first birthday.' But then Bregazzi got pregnant again and thought it wasn't the right moment. Thornton agrees: 'We feel like we are, and everyone refers to us as married – and we are a family.' They admit that it wouldn't make a huge difference to their lives; 'it would just be a nice thing to do'.

Perhaps their relationship is, in part, the secret to their success – together they have captured an aesthetic that really speaks to today's women. Yasmin Le Bon agrees:



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ON THE RED CARPET

‘Justin and Thea understand what “wearable modern luxury” means,’ she enthuses. ‘Somehow they manage to balance beautifully made, feminine clothes with an almost imperceptible sense of daring... humour, edge, rebellion – whatever it may be, it makes their clothes different.’

‘When I see someone wearing the clothes I get so excited,’ says Bregazzi, when I express this sentiment to her. ‘When you see a celebrity that’s fantastic, and it’s great for business. But when you’re in a restaurant and the woman on the next table is wearing something of ours, that’s much nicer, because you know she went out and bought it.’

If pushed, however, there is probably one world-famous woman who excites Thornton and Bregazzi beyond the everyday, and that’s Michelle Obama. ‘I mean, she’s a world leader’s wife!’ explains Thornton, who has dressed the first lady in Preen. ‘And it’s incredible that she supports British designers. She has been really instrumental in showing that ladies who are in the public eye don’t have to play it so safe and wear boring, conservative clothing; that they can be intelligent and love fashion, colour and print.’ Thornton and Bregazzi were both invited to the White House and both took their mums along as plus-ones. ‘It was a celebration of design,’ says Thornton, ‘and Michelle Obama is so warm when you meet and talk to her.’

BACK IN LONDON, THORNTON OVERSEES THE DAY-TO-DAY RUNNING OF THE BUSINESS WHILE ALSO DESIGNING THE COLLECTIONS ALONGSIDE BREGAZZI. (‘Since I’ve had the children I tend to be at work a bit less,’ she admits.) Do they ever disagree? ‘There’s quite a bit of to-ing and fro-ing and arguments, I suppose,’ she says. ‘It’s not really arguments, discussions maybe.’

Their partnership seems to thrive on honesty and feedback. ‘Perhaps because we are two, there are always two opposing themes in a collection. It’s not a struggle necessarily, but it ends up being knitted together to create what we want. We always try to keep some femininity because most women want to feel a bit feminine, but then there’s also this tailored, masculine look to it, too,’ says Thornton. ‘Although, then

Preen’s fans include (from top) Michelle Obama, Sarah Jessica Parker and Carey Mulligan



ON THE CATWALK

Preen is known for its modern, wearable luxury, and the hugely successful Power Dress (below)



Thea will ask, “How’s a woman going to wear that? We would see her underwear!” I can go off on a trip somewhere and she can bring me back down to earth.’

‘We’ve always been aware of the bits a woman wants to hide or disguise,’ explains Bregazzi, ‘but I think being a woman and being a mother, it does help you understand the practicalities.’

EACH SEASON, THE DESIGNERS SET THEMSELVES A CHALLENGE. ‘We like contradictions,’ says Thornton. ‘We were always interested in things that didn’t really go together and we try to make our brains work in a different way and excite us. We’d be so bored otherwise!’

To that effect, for S/S 15, Preen decided to meld the two contrasting worlds of a Maasai cricket team (complete with Aran knits, African beading and traditional scarf prints) with the primary-coloured sports style of 1990s hip-hop artists Neneh Cherry and Salt-N-Pepa.

The result? The most covetable printed, bias-cut dresses and elegant lace shifts with sports-edged stripes.

The Thornton-Bregazzi household seems the epitome of a modern working family, juggling responsibilities both at work and at home. By choosing to be a partnership in both their personal and professional lives, they have the luxury of experiencing everything together. However, the flip side can mean there is no divide between the two. ‘We do make an effort, when the kids go to bed, to talk about pressing things we haven’t been able to talk about during the day, and then maybe we’ll have some supper and not talk about work again,’ explains Thornton. At the weekends they escape to Suffolk, where they have no phone reception – the perfect antidote to their crazy city life.

Bregazzi admits that starting a family changed things a bit, especially for her. ‘When Fauve was born I was back at work after two weeks,’ she remembers. ‘I don’t know how I did it. She used to come in every day and lie in her Moses basket under the table.’ Now time is split with Thornton doing the morning drop-off and Bregazzi leaving work at 3pm, as well as spending Wednesdays at home.

‘I’m always running somewhere, exhausted, but I think it’s so important to pick them up from school when I can,’ she reasons. ‘I love being Mum, but it’s »



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a constant tug. When I'm at work I want to be with my kids and when I'm at home I'm thinking about work. I think all women probably feel like this.'

Preen Mini, Thornton and Bregazzi's three-seasons-old childrenswear collection, might seem an obvious extension of the brand since having a family, but it took a while to take the plunge, despite Fauve's plundering of her mother's wardrobe.

'I was always asked if we'd do a children's line and I'd say, "Yes, it's something I'd like to do in the future,"' recalls Bregazzi. 'And then we were misquoted, saying we were launching Preen Mini. So in a day we were inundated with emails saying, "Where is it?" Buyers asking why they hadn't been told about it, they were really quite angry.' Fauve also gives her own feedback, as part of the team Preen tradition. 'Too tight! Too itchy!' she is often heard exclaiming during fittings.

Preen now comprises the main collection; Preen Line, a more contemporary range; the stand-alone 'Power Dress', originally a bandage design that's now being developed into other, more 1950s styles, with nipped-in waists and fuller skirts ('We knew we were on to a winner when Kate Moss wanted one straight off the runway,' remembers Bregazzi); Preen Mini; sunglasses; shoes; and, perhaps most interesting of all, the website-exclusive collection Preen Archivists.

Thornton and Bregazzi wanted to offer something different, something that wasn't available at other stores. 'So many people said, "I missed that jacket, could you do it again?"' We could have just redone a limited amount but we thought it would be so nice to work with women we admire.' To that effect, they invited 15 women, including *The Telegraph's* fashion director Lisa Armstrong and co-founder of Matchesfashion.com Ruth Chapman, to each re-create an outfit from the Preen archives.

'It was so interesting to go into the archives and revisit all their pieces from the past 10 years and see how they have pushed the boundaries of creativity,' explains Chapman. 'I found a fabulous long camel

coat, which we reworked as a trench, and adapted a silk shirtwaister in a checked fabric to make it more laid-back.'

Each of the 15 outfits will be launched on the Preen site fortnightly, with a limited-edition run of between 50 and 100 pieces. Each time an item sells, Thornton's phone

buzzes: 'We've got another order!' he enthuses, like a child with a new toy. 'It tells you where they're buying from! China, New Zealand, Australia... It's so exciting!'

SO WHERE DO THEY SEE THEMSELVES HEADING?

'The plan in the future is a stand-alone store,' reveals Thornton. 'We've always been self-funded and although we've talked to backers, it's been better for us in the long run to go it alone.' It certainly allows for creative freedom, as well as the freedom to be hands-on parents.

On that note, Thornton is royally summoned by Fauve to take the two girls to the toilet. 'Oh, it's normally Mummy. It's *always* Mummy,' chuckles Bregazzi. 'Before, I was in control of the business, I was the driving force, and I had to relinquish that when I had children. I'm quite an emotional person, and it really hit me how much I wanted to be with the children and didn't want to be at work. I was never one of those women who always wanted a baby. But you have to stop beating yourself up about it, do your best – it's only frocks.'

'Ha, you don't say that just before a show!' quips Thornton, before adding, 'I'm glad we had a family, I realised we were living quite a selfish life. Children definitely give you that perspective.'

'I was the DRIVING FORCE, and I had to RELINQUISH that when I had children... But you have to stop beating yourself up about it – it's only FROCKS'

BREGAZZI

PREEN PICKS

Thornton and Bregazzi share their favourite new pieces from the Preen universe

Suede shoes,
£340, Preen by
Thornton Bregazzi



Acetate sunglasses,
£150, Preen by
Thornton Bregazzi



Cotton-mix skirt,
from £157,
Preen Mini



Silk dress,
£448, Preen Line



Silk shirt,
£730, Preen
by Thornton
Bregazzi



Discover Thornton and Bregazzi's Best Things in Life at REDONLINE.CO.UK and see their exclusive family snaps on Instagram @REDMAGAZINE

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family

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or even accidental, FAMILY is
formed in many different ways
– but every VARIETY should
be CELEBRATED... »

Babyccino Kids co-founder
Courtney Adamo and husband
Michael, with kids (from left)
Easton, Quin, Marlow and Ivy





THE INSTAGRAM CLAN

THE ADAMOS ARE A MODERN PHENOMENA – A NORMAL FAMILY WHO HAVE GAINED CELEBRITY STATUS THROUGH SOCIAL MEDIA

Photograph JENNY LEWIS

As one of her 85,000 ardent Instagram followers, we'd like to tell you that Courtney Adamo's life is not as perfect as it appears on social media. But that would be a lie. The 33-year-old co-founder of blog babyccinokids.com and mother of four utterly adorable – and extremely photogenic – children (Easton, nine, Quin, seven, Ivy, five, and Marlow, two) does seem to have mastered that mythical combination of a happy family, a thriving business and a tranquil home.

Red's portrait was taken on a sunny Saturday morning in Adamo's north London home, an envy-inducing mix of mid-century furniture and many shades of grey (of course). Even the family chaos looks photogenic, with colourful reminders of the kids everywhere – like the hallway, with its gloriously gaudy artwork taped down the wall and wicker baskets neatly stacked with toys.

What about anything plastic, *Peppa Pig*-related or, most significantly, a TV? Not a sign. 'The kids just don't watch it,' says Adamo of the TV, which is apparently hidden in a cupboard somewhere. 'Last summer we didn't even turn it on between May and »

October.' As fans of Babyccino Kids will know, Adamo is a cheerleader for the simpler things in life: breezy walks, baking, craft sessions and elegantly earthy, homespun clothes for her kids. The website, which she launched seven years ago with Esther Van De Paal, who blogs from Amsterdam, and Emilie Walmsley, who writes from Paris, has 100,000 page views a month and is now a one-stop shop for independent clothing boutiques, inspiring parenting ideas and, of course, a chance for the trio to show off their gorgeous offspring.

'When we first started we didn't post photos of our kids – we didn't think it would be that interesting,' Adamo explains. 'Then, one day, one of us posted a personal picture and people really responded. We realised that sharing more would make our business better.'

It's hard not to become faintly obsessed with Adamo's serene world of muted shades and goofy grins, but does all this loveliness actually set an unrealistic example of motherhood for other women? 'I've been criticised a lot by people who say it can't be real,' Adamo says with a sigh, as her clan bounce around her excitedly in their matching gingham Petit Bateau pyjamas. 'But I just don't feel inspired to take a picture of my kitchen when it's filthy with piles of plates everywhere.'

She blames her 'type-A personality' for a need to keep things pristine and promises she never stages anything, just for a picture. And I believe her. After a morning in their company, I spot many comforting doses of normality, like when Marlow triumphantly discovers a handful of dummies buried down the side of the sofa or the kids get a bit stir-crazy and Adamo has to bribe them with sweets to get them to smile for the camera.

Adamo and her TV-producer husband Michael are a bit of a modern phenomena – a normal family who have gained celebrity status through social media. But the American (she



Sharing regular family snaps on Instagram has made social-media stars out of the Adamos' four children



grew up on a tulip farm in Seattle and relocated to London aged 22) says they didn't get where they are today without a lot of soul-searching first.

'We're a really open family but we both had to feel comfortable with what I'm doing,' she explains. It was Michael's support, she says, that kept her going when, last year, her Instagram account was deleted after she posted a picture of Marlow's belly, and the story was splashed over the papers. 'For the first time I felt

exposed and vulnerable and debated giving it all up, but Michael was very encouraging.

He said I'd worked really hard for the business and shouldn't let other people's judgements make me question myself.'

It's no surprise what matters most to Adamo: family. 'I'm one of five and if it was up to me, I'd have a bazillion more babies,' she says. 'The kids want more, too. The other day Ivy pulled a wishbone with me and told me her wish was "to have another baby". So, who knows?'

One thing's for sure, any new addition would be welcomed by the Adamos and their thousands of Instagram friends.

SARAH TOMCZAK
Follow @courtneybabyccino on Instagram

'We're a really OPEN family but we both had to feel COMFORTABLE with what I'm DOING'



'We realised sharing more would make our business better,' says Courtney

Hair and make-up Lindsey Poole. Styling Lauren T Franks. Courtney wears, previous page: Top, Isabel Marant Etoile at Harvey Nichols. Jeans, IDA at Donna Ida. Additional photographs Instagram/courtneybabyccino

THE CONSTRUCTED FAMILY

**JO AND MARTIN SHOLL-EVANS
TURNED TO SURROGACY TO GET THE
FAMILY THEY DESPERATELY WANTED**

Photograph **JENNY LEWIS**

Six years ago, Jo Sholl-Evans, a 52-year-old physiotherapist, had all but given up on her dream of starting a family. The obstacles she and husband Martin, 48, had faced seemed endless: his testicular cancer, her underactive immune system, seven years of IVF and several miscarriages. They had been 'to hell and back'.

So when Jo's oldest friend Jane raised the idea of surrogacy, she initially shrugged it off. 'I'm a positive person, but I was emotionally exhausted by that point. I couldn't contemplate going back to square one again,' she explains. 'And I wondered if a baby could really feel like mine when I hadn't given birth to it.' But then came a light-bulb moment. 'I suddenly thought: bloody hell, if I don't try this I'm never ever going to be somebody's mum.' She called Martin immediately.

Together they decided to approach a surrogate and, three months after registering at surrogacyuk.org, met Mikki, a 40-year-old chiropractor. Their bond was instant. 'Jo is very strong and I admire her incredibly, so I felt honoured that she and Martin were trusting me with their embryos,' says Mikki today.

Given that you're not allowed to pay for surrogacy in the UK, Jo knew Mikki's motives were purely altruistic: she felt blessed with her own three children and simply wanted to give Jo the family she'd always wanted. 'When someone offers you that help it's an indescribable feeling, like they've picked you up off the ground,' Jo remembers.



Surrogates Mikki (far left) and Wendy (far right) helped Jo and Martin become parents to Pippa and Annabel; and below



As every milestone passed – Mikki's positive pregnancy test, scans, follow-up appointments – Jo waited to feel an emotional attachment. 'I felt numb,' she explains. 'I think,

because I'd been through so much, I wouldn't let myself believe that we were finally getting a baby.'

That all changed when Jo and Martin's daughter Pippa was born in June 2012. 'I held her in my arms after the birth, but it was only when we took her back to our hotel that I felt a connection. I couldn't stop staring at our little girl.' While some parents and surrogates lose contact, that wasn't what either Jo or Mikki wanted. 'I've never met my own father,' says Jo, 'and I didn't want my daughter to have any gaps in her life, or for there to be any secrets.' Six months later, Jo and Martin decided to have another baby. And, since Mikki wanted to help another couple become a family, they found a second surrogate, 32-year-old carer Wendy.

Jo was more emotionally prepared this time around and when her second daughter Annabel entered the world, in May 2014, she says, 'It was like I'd been punched in the chest with a feeling of complete, utter love.'

What makes their story so unusual is Jo and Martin's closeness with both surrogates. 'I just can't believe we got picked by two such amazing women,' says Jo. 'The more time goes on, the less significance the surrogacy has – I just love them both as people.' The feeling is mutual: 'We've become close friends,' says Wendy. 'We visit Jo and Martin regularly, and I hope they will be in our lives forever.'

'We all deal with adversity in different ways,' says Jo, wrapping her arms around her girls. 'But we had always imagined having a family, so we did whatever we had to do to get there. I might not have experienced motherhood the traditional way, but I can't imagine you could love a human being any more than we love these two girls.' »

NATASHA LUNN

To find out more about surrogacy, see surrogacyuk.org

**'I suddenly
thought: bloody
hell, if I DON'T try
this I'm NEVER
ever going to be
somebody's
MUM'**

THE CHOSEN ONES

SINGLE MOTHER CIRCE HAMILTON ADOPTED HER SON AND INHERITED A NETWORK OF 'ETHIOPIAN COUSINS'

Photographs CIRCE

Each night, before going to sleep, five-year-old Abush says goodnight to a photograph of his father. 'Abush owns his heritage; he knows that he's adopted and that he has a father in Ethiopia,' says his mother, Circe Hamilton, with whom he lives in New York.

Circe, a 42-year-old photographer, began the lengthy adoption process while in a long-term relationship. When she then found herself single, she decided to stick with the plan regardless. 'My mum was a single parent after she and my dad divorced, so she had no doubts that I could parent solo,' Circe says. 'Other family members were more dubious.'

Before she was even matched with Abush, the adoption agency, Wide Horizons for Children, included »



Circe Hamilton (bottom right) with her son Abush and their network of 'adoptee-family friends' in New York (from left) Claudia with her daughter, Blen; Margarita and son Yosef; Carl and his wife Jill with Durete; partners Bob and Thom with their son Brendan

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Abush (left) 'gravitated towards' fellow adoptee Brendan in the local playground



FROM LEFT: Circe and Abush in 2012; Abush with family friends Blen and Claudia; and with another of his 'Ethiopian cousins', Durete



Circe in their regular get-togethers for families, many of whom were also single parents. 'I would stalk the families who had adopted children from Ethiopia and ask if I could be their friend,' she laughs. 'I would show up without a child, and with so many questions.'

'All these single mothers gave me enormous courage,' she says. 'They were completely honest about the hard work ahead, but also the joy at raising their wonderful Ethiopian children.'

Once Abush arrived in New York, aged 21 months, this network of Manhattan-based parents became crucial. Margarita, the director of a pre-school, had adopted her son Yosef, now six, from Ethiopia 10

months previously. 'I am sure birth mothers face similar problems, dealing with things no one teaches you about, but we have a whole other set of extra "what do I do now?" parenting issues,' says Margarita. 'Other parents of adopted children understand difficult situations my

family or girlfriends can't help with, like food hoarding.'

For their sons, both Circe and Margarita believe seeing similar family set-ups is also crucial. 'England has so many mixed-race families, and it's not unusual to have families in which everyone looks different.'

Perhaps surprisingly, New York doesn't, and we do stand out,' says Circe. 'It's vital for them to have a mirror, to be able to see themselves in another family,' agrees Margarita.

'Yosef calls the other children in our network his Ethiopian cousins.'

For Circe, who is British but has lived in New York for over 20 years, there is the added impetus to create a solid extended family, since her biological one is 3,000 miles away. The same goes for Jill, a set designer for fashion campaigns. She and her American husband Carl have a four-year-old Ethiopian daughter, Durete, and the families share weekends away together. 'Like Circe, my family is back in England, so my friends here truly are my family,' she says. 'And I have learnt so much from Circe – she does so much to make

sure Abush still feels connected to where he comes from.'

That includes gathering together with other families – like Claudia, a financial analyst and her daughter Blen, four – to eat traditional Ethiopian food, and to celebrate Ethiopian New Year. This also gives their parents the opportunity to

offload. 'I find with all of my adoptee-family friends, I have a safe place to vent, where I'm not judged. There's an honesty and directness about parenting in the adoption community,' says Circe.

'Abush lays his own tracks, too,' she continues. He spots other children who look like him, like five-year-old Brendan, and drags her across playgrounds to meet them. 'The boys gravitated towards each other because they are both so active,' says Thom, Brendan's father, who, along with his partner Bob, met Circe in the local playground.

'There may come times when the boys have difficult questions, such as: "Why was I adopted?" or "Why couldn't my parents keep me?" It's so nice to know that Circe is just two blocks away, and that if Brendan or Abush have questions or issues, we can just text each other. It's a nice microcosm in this big city.' »

JANE MULKERRINS

'With all my adoptee-family FRIENDS, I have a safe place to VENT, where I'm not JUDGED'

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THE BLENDED BUNCH

NARINDER AND CASPAR UNIACKE FUSED THEIR MULTICULTURAL FAMILY WITH SUCCESS

Photograph JENNY LEWIS

Caspar is not Narinder's first husband. Nor is he Sachin's biological father. Yet seeing them all together, with Caspar and Narinder's other sons, Akaash and Hari, you'd be hard pushed to find a family with a stronger bond. 'It's funny really, they never fight,' says Caspar, watching the trio of boys aged 14, 11 and 10 respectively, 'they're just a little gang. The three amigos.'

The Uniackes had an unconventional beginning – when the couple first met, 15 years ago, Narinder was already married – a union that had been arranged by her Sikh relatives. 'I was in my late twenties, which is seen as quite old in the Indian community,' explains Narinder, now 47. 'They kept asking why I wasn't getting married. When I was introduced to my first husband, he ticked a lot of boxes. I felt that by marrying him, I was doing the right thing for my culture and family.'

She admits that her desire to have children outweighed her concerns for the relationship, but by the time she was pregnant she knew they simply weren't compatible. So, defying all cultural traditions, Narinder started divorce proceedings. 'By the time Sachin was born we had separated,' she reveals. 'Soon after I returned to my job as a trader in the city, where Caspar also worked, we started seeing each other.'

Adds Caspar, 'Sachin is my son in everything but blood. I inherited him when he was really little, so I've known him all his life. But there are times when I think he should be having

a conversation with his own dad as opposed to me. He's always called me "Papa" and I remember once telling him, "I want to be the best papa in the world but I never want to take your dad's place."

'But now all the boys call him "Papa",' smiles Narinder, 'you wouldn't know they had different fathers.'

The one difference that separates all the boys from Caspar is the way they identify themselves culturally. 'I asked them, and they all said they feel more Indian,' says Narinder. 'They have Indian names, but beyond that are brought up in an English household.'

The family embraces the Sikh culture, though, more than the religion: 'My father should wear a turban, but he doesn't; we aren't supposed to drink, but we do; and of course we're not supposed to divorce!' says Narinder. 'But we eat Indian food at home and visit my family in the Punjab every other year.' So does this make

Caspar, whose own 'very English' extended family includes actress Rosamund Pike and interior designer Rose Uniacke, feel like the odd one

FROM TOP: Narinder, Caspar and sons (from left) Akaash, Sachin and Hari; 'the three amigos', as Caspar calls the boys



out? 'My father is Irish and my mother was English but loved India, so she was delighted when I fell in love with an Indian girl,' he says. 'Now, my family don't really notice that Narinder's Indian, but hers are very aware of my Englishness – especially when we visit the Punjab, where I stand out as the only white guy. But I don't mind it. And I like the fact that my kids are English but have Indian names, they're very much half and half.'

'I have no regrets about the way everything happened,' says Narinder. 'It taught me a lot, and if I hadn't gone through the arranged marriage and the divorce, I would have never had Sachin, or met Caspar. Now we're just a happy, balanced family – and that's what I see when we're all together.'

SARAH TOMCZAK

'I have no REGRETS about the way EVERYTHING happened. It TAUGHT me a lot'

For more modern family stories, visit REDONLINE.CO.UK

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Family VALUES

Matalan takes a look at
the make-up of the
modern family in 2015

What does family mean to you? It's a big question, and one that *Red* has been thinking a lot about in this month's issue, which has family, and everything that involves, at its heart.

The answer to this question will be different for each of us, because in 2015, in homes all around the UK, the definition of family, and home, has never been more diverse – or more personal.

Alongside *Red*'s exploration of the modern family, Matalan is investigating what family really means to you in 2015. And who better to do this than a family-run business with fashion and family at the very core of its philosophy. As little as 30 years ago, when Matalan first opened its doors, our collective definition of family, and the roles within the home, was far narrower. There have always been exceptions, of course, but, more often than not, men and women married young, had children early, went out to work or stayed at home with the kids (depending on which side of the gender divide you found yourself), and stayed together no matter what – because family was paramount.

WHAT IS FAMILY?

While times, and families, have most certainly changed in the last few decades, it's clear that one defining factor remains the same: family is still, undoubtedly, paramount. According to the *Modern Families Index**, published earlier this year, almost two thirds of us rate family as the thing we value most – far above work, friends and even love.

But what do we mean by family in 2015? Gone are the days of family by numbers – 2.4 children, living in a two-up, two-down – today, families come in all shapes and sizes. And as for that old saying, 'you can't choose your family', for most of us, that's a matter of opinion.

Our definition of family today is more complex, more multi-layered, more inclusive and more accepting than ever – and that can only be a good thing. Indeed, in the introduction to the *Modern Families Index* it is stated, 'there is no one-size-fits-all pattern for family life' in 2015.

It's with this understanding of the multi-faceted reality of the modern family that Matalan shapes its collections each and every season; and it's this knowledge that sits at the heart of everything its in-house designers do. So whether it's that all-important family wedding or long-overdue

lunch with friends, Sunday fun in the park or the daily school run, Matalan is able to provide something for any and every occasion – and for every member of the family.

But who constitutes family? Maybe, for you, family is as simple as who you grew up with. Or maybe you're just starting out with a young family of your own. Perhaps you're married, or one of the 1.2 million British couples happily raising children together without so much as a whisper of wedding bells, or maybe you're one of the UK's two million single parents.

At the other end of the modern-family spectrum, maybe yours is a hybrid of love, marriage and remarriage, adoption, fostering and co-parenting... all of which adds up to a sum far greater than its parts. Today, stepfamilies make up more than 10% of all families in the UK and, with blended families on the increase here in Britain, a third of us will find ourselves part of a stepfamily at some point in our lives, according to relationship experts Relate.

HOME SWEET HOME

So what does that mean in terms of the family home? You might all live under the same roof, or perhaps your family is a little (or a lot) further-flung, held together by phone calls and emails and social media. Maybe your dearest friends are your family. (A third of us now live on our own, after all – that's three times as many as 30 years ago.) Wherever it is, we want it to be our haven, a warm welcoming environment that we can make our own.

Nowadays there are many ways to do that but time pressures can impact on our choices. Mumsnet recently awarded Matalan the Family Friendly Retailer of the Year Gold Award for making life

that little bit easier. Not only do they offer everything you need to create a home, but they also provide various ways to shop, including Click and Collect, a free service which recognises we don't always have time to get out to stores.

Whatever family means to you, it's clear that these familial bonds, have never been stronger. Because ultimately, family is all about a shared set of values, which we can often take for granted – of togetherness, love and a sense of belonging, of feeling at home.

MATALAN
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MADE FOR MODERN FAMILIES

In next month's issue of *Red*, Matalan is going to be digging a little deeper into the idea of the modern family; to discover the reality behind all these facts and figures, and reveal the emotional side of family – investigating, exploring and celebrating what family means to *Red* readers in 2015.

You can see the results of Matalan's modern-family survey in next month's issue of *Red*. Don't miss it!



FORMER PM'S WIFE AVID CAMPAIGNER WANNABE COMEDIAN

Sarah Brown is a mass of contradictions. Fearless, unless you count her panic at public speaking; diplomatic, until she's speaking her mind; low-key, despite her A-list pals. Here, one of them, author Kathy Lette, gives us a glimpse into their surprising friendship and Brown's charity initiatives

Photographs TRENT McMINN Styling LAUREN T FRANKS

It was Sarah Brown's birthday in 2008 and her husband (and then-prime minister) Gordon Brown had organised a surprise party. This was a good idea in theory. But trying to stop JK Rowling, Emma Freud, Mariella Frostrup, Sarah's beloved mum, Dr Pauline Macaulay, and a whole gaggle of us girlfriends from gossiping and giggling as we clackety-clacked down the cobbles of Downing Street in our stilettos proved much more difficult.

After much shushing, we ducked down behind furniture in the drawing room. When the Browns' sons, John and Fraser, then aged five and two, finally led their unsuspecting mum in, we leapt up in unison to belt out a raucous rendition of *Happy Birthday*.

It was Halloween, so the kids had made a spooky chocolate cake, iced to look like Sarah's face. Her real face was a picture of humbled but delighted incredulity. Gordon then put aside the affairs of state to spend the

evening working as our wine waiter. It was a cherished moment of fun and frivolity amid a turbulent time.

I've been lucky enough to call Sarah a friend since we met at a Labour Party function in 1988. Even during her frantic years at Number 10, juggling foreign trips, fête openings, meetings with world leaders and motherhood, the now-51-year-old never failed to turn up for a book launch or forgot a birthday. Her many friends would report the same kindness and consideration. During the darkest days on Downing Street, when her husband was under the most sustained and brutal right-wing media attack, when phones were hacked and harrowing private details were splashed in gory glory over the tabloids, Sarah retained her sense of humour and perspective. How did she do it?

I'd say it's her spirit. It's the same determined optimism that can be found in the Tanzanian proverb she lives by, 'You must lift as you climb', and the impetus behind »

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Theirworld, the charity she created over a decade ago, which supports vulnerable women and children.

Theirworld is now a global force, with its most prominent campaign focusing on getting every child in the world into school. 'In the last few years, there's been a change among politicians everywhere, who now understand that bringing empowerment to women may actually be the way to make the world a better place, perhaps even save it!' enthuses Sarah. 'Ensuring that women have equal rights, equal pay and equal opportunities actually works for men, women and children – not just women.

Exactly what we dreaded feminists have been telling the men in suits for years.

'To crack those glass ceilings for girls everywhere we need to tackle a huge injustice to children.

Globally there are 58 million children who don't get a day at school – and too many whose schools are bombed and girls attacked. Inevitably it is girls who suffer most, but we need to achieve education for all children.

A girl at school is *not* married off at age 12 or 13 and pregnant a year later, at the risk of her own life. For every single year a girl in Sub-Saharan Africa gets to go to school, she will increase her future earnings by 10 to 20%.'

It's hard not to be impressed by Sarah's enthusiasm, but I wonder what initially drove her to become so philanthropic? 'Everything I do comes from the personal, some of it very deeply felt,' she says evenly. 'I'm motivated to pursue campaigns that can bring about real change because of my own personal experiences and losses. [The Browns lost their daughter, Jennifer, who was born prematurely, in 2002.]

'My politics started with my opposition to what Margaret Thatcher was doing to young people around the country with high unemployment and attacks on our NHS, which is happening again today under the coalition.'

Sarah has never minced her words. It seems ironic really that she was once a PM's wife, a role that's supposed to be decorative and demure. Even then she refused to be a human handbag, draped over Gordon's arm. I ask if it was hard to pursue her own agenda? She laughs. 'Here's the thing about being the PM's wife, it is not even as grand as an actual "role". There is literally no job, no requirement, no official function, no budget. And all kinds

of ridiculous traditions exist. The first one I knocked on the head was the expectation that I would make the PM's breakfast every morning – although I did get the bill for a few hundred bacon rolls the day before I left. No joking.

'But no rule book means plenty of opportunity. I was hugely respectful of the privilege of being at Number 10, but did not spend too much time worrying about what I should or should not do. For example, I was the first PM's wife to join the Pride in London march, walking arm in arm with the drag queens.'

Those days, she may have seemed fearless, but Sarah had one Achilles heel: public speaking. 'Oh yes! It was my greatest hurdle,' she remembers. 'The first charity event I spoke at publicly, I was so nervous that when I got to the end of my speech I actually fainted. I still meet people to this day who were there and remind me how dramatic it was. After that, I did dreadful speech after dreadful speech, muttering into written bits of paper. I got vertigo on stage at the British Fashion Awards, crashing into some whirling holographics. I passed out at a royal reception and had to "borrow" Prince William's paramedics for recovery. So many small

disasters, one after the other! It was a brutal public training but in the end I got there. I could speak at anything now. I want to learn how to tell jokes on stage – getting a laugh is the best feeling, at least when it's intentional,' she smiles, disarmingly.

I've always thought that this charm of Sarah's is her secret weapon. 'Actually, I am not the most charming person; I'm too blunt for that,' she laughs. 'But I am always genuinely interested in the person I'm speaking to. I know that I'm a bit

irreverent, too, especially when in very formal or pompous situations – which tends to come as a relief to whoever I talk to, as it turns out everyone feels the same way.'

She's also had to be diplomatic on many occasions. 'Lady Thatcher came to visit a few times and, despite the political divide, I was always very respectful and mindful that this historic figure had much to share. She was much more chatty than the film [2011's *The Iron Lady*] would have you believe, and I heard lots of things from her. My all-time favourite line was her description of President Reagan – and I quote: "I think that the secret to our relationship is that he was rather more afraid of me than I was of him."'

With all that scrutiny, did Sarah sometimes feel she was only moments away from some disaster? 'When the cameras are on you, and not all of it is directed with huge goodwill, that is the moment you could just walk across »



Sarah Brown photographed for *Red*; leaving Downing Street with her family in 2010



'My POLITICS started with my opposition to what Margaret Thatcher was doing to YOUNG PEOPLE around the country'

PROFILE

the room trailing toilet paper from your stilettos, or ask a VIP when the baby is due when she's not actually pregnant... I only ever did that once!'

Of all my friends, Sarah is probably the most private. So I wonder how she handled the goldfish-bowl existence of political life? 'Oh, I just keep swimming, and buying new swimming costumes and looking out for the other fish.' I laugh. Sarah makes me laugh a lot. Over the years, we've often disintegrated into squalls of giggles over mistakes we've both made, including various fashion faux pas. 'I often seemed to wear the wrong tights with whatever I was wearing – opaque when it should have been sheer, etcetera,' she says. 'I don't think I ever picked up on a fashion criticism that I disagreed with, though – it was always a fair cop. But I did particularly love the printed Erdem dress I wore to speak at the Labour Party conference in 2009, and the green Osman dress I wore to depart Downing Street with Gordon and the boys, with my comfortable Jimmy Choos.'

That poignant image of Sarah and Gordon walking away from Downing Street, bloodied but unbowed after the brutal 2010 election, hand in hand with their dear little sons, who are now 11 and eight, is seared into our collective psyche. What with media intrusion, phone hacking and email leaking... if what doesn't kill you makes you stronger, I often think Sarah must be made of titanium. How did she handle it? She sighs, resignedly. 'The tyranny of relentless bad press coverage did mean that we had some very unfair days.'

One thing's for certain: the Browns' marriage remained as resilient as ever. And still does today, even though Sarah admits life has a slower pace. 'We enjoy family walks up the Fife Coastal Path and weekend lunches at our favourite beach café, Sands in Aberdour,' she says. 'When we take guests they often go for the "kilted" burger – it's draped with a bit of haggis! I'm a stickler for getting the family to sit down and have meals together over the weekend, although we have to hunt to find the dining table, which is Lego central with a full Death Star, Eiffel Tower and Ewok Village alongside John's personal creations.'

Sarah is relentlessly upbeat about the challenges of parenting. 'The answer is to do it all imperfectly,' she confides. 'I think women can have it all – work, family, life, and more – but probably not all at the same time. I am pretty easy-going at home. I live with messy people, all of them. Gordon was famous pre-marriage for living in true bachelor-grunge mode. He is better than that now, but not by much. I am the one that keeps the family show on the road but he is perfectly capable of looking after the boys if I'm away for a day or two. He definitely gets the job of standing in the rain on the edge of the football pitch for Fraser's matches.'

And now she has that time to pause for reflection, I wonder what dreams she still wants to fulfil? 'At Theirworld, we invest in great ideas that make a huge difference. This month we're launching an initiative (along with Hearst Empowering Women) to encourage girls in the UK to get into technology,

and at the WOW Festival, on March 8th, we've teamed up with the Southbank Centre to offer tech speed-mentoring sessions, open to all young women. We've also collaborated with Astley Clarke on an exclusive Theirworld bracelet.

'It is our job to be of whatever assistance we can be to the younger generation,' says Sarah passionately. 'We have left them with an almighty job to do.'

That's not all on her to-do list. Sarah's blue eyes crinkle mischievously. 'If I have time, I would still like to open my own detective agency. Although it's more likely I'll train as a stand-up comedian, to try to get a few laughs amid all the earnest "change-the-world" stuff.' **Learn more about Theirworld's worldwide education campaign at upforschool.org. Sarah Brown is in conversation with Red's Sarah Bailey and Suzanne Moore at Bath Literature Festival on March 7th; bathfestivals.org.uk.**

Courting Trouble by Kathy Lette (Bantam Press, £14.99)

Find out more about Hearst Empowering Women at EMPOWERING.HEARST.CO.UK

FROM LEFT: With Michelle Obama; joining the 2009 Pride in London march

CLOCKWISE, FROM TOP: Sarah Brown with Mariella Frostrup; with Kathy Lette, Pamela Stephenson and Brown's mother Dr Pauline Macaulay, at the launch of Brown's memoir in 2011; with JK Rowling in 2007

an extraordinary
adventure



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'I'M NOT JUST THE MAN IN PANTS'

It's hard to ignore David Gandy's most obvious assets but, as the model-turned-entrepreneur tells Clover Stroud, he's more than just a handsome face

Photographs HAMISH BROWN

David Gandy
photographed
for *Red* at Mayfair's
Brown's Hotel

In a suite at Brown's Hotel, David Gandy is having his picture taken, while talking with the photographer about what defines an entrepreneur, but all I can think about is the size of his feet. Since he earned his household name modelling nothing more than very tight, very white pants and a come-hither look, my own preoccupation with size is, well, perhaps understandable.

I've spent a good half hour examining Gandy's chocolate-coloured brogues, so can tell you he wears big shoes. They're part of the luxury footwear brand David Preston – a company that Gandy is chairman of, snapping it up earlier this year as part of his transformation from model to entrepreneur. Lovely shoes they are too, with more than a nod to the 1960s. The collection includes 15 styles, ranging from an iconic Chelsea boot with gorgeous leather soles to Oxford brogues in leather and suede with exquisite stitching. There's a capsule red-carpet

collection (a place Gandy knows well) and two unisex styles, both with a gentle Cuban heel. Worn by the likes of Martin Freeman and Bobby Gillespie (even Kate Moss has a pair), the range starts at £390. Gandy confides, 'Anything over £550 for a pair of shoes would scare me off.' All in all, they're pretty super – but nevertheless I'm distracted by their size. That, and the shoehorn discarded beside them. There's something a bit suggestive about a shoehorn, especially when David Gandy's in the room, flexing for the camera, as buffed and glossy as a thoroughbred.

Posing, exquisitely, with a cup of tea, he looks very English, so I'm not surprised when he brings up the most English of preoccupations: how to make the perfect cuppa. Gandy's mum, it turns out, takes her tea seriously, insisting on tea leaves and a teapot. Does he use a pot? 'When I can. I prefer the feeling,' he says, which silences everyone, before he and the photographer >>





'Models are as popular as bankers,' says Gandy

discuss the best route to Essex – a place close to his heart, since it's where he grew up and his parents, Brenda and Chris, property and freight entrepreneurs, still live.

Watching Gandy smoulder for the camera (it's the same steely gaze we saw in the Dolce & Gabbana Light Blue ads, and then, unforgettably, in his undies for M&S), there's no denying he's incredibly good-looking. And unlike some celebs, who diminish in size the closer you get, he's imposing, although slightly than he looks in those beefcake images. But, surprisingly, he's so softly spoken that later I have to replay the recording I've made of our interview several times.

As we sit down to talk, I wonder if there might be room for a little light flirtation about shoe size. I'm to be disappointed. His mind is purely on Brand Gandy. He's not turning his back on modelling, but, he tells me, 'diversifying into business' to prove there's more to him than an uncanny resemblance to Adonis and a great relationship with Mario Testino.

It was Testino who first captured his star quality in 2007 for Light Blue, propelling Gandy from just another male model to iconic supermodel, and he's still grateful for the career boost. 'Models are as popular as bankers!' he jokes. 'You're seen as a brainless idiot – paid a fortune to do very little. I don't want to just be known as the man in the pants.'

In the last five years, Gandy has gone from 'making a comfortable living doing commercial work', via some glittering ad campaigns and cameos, to becoming a businessman in his own right. Since joining forces with M&S last year, he's launched a signature line, David Gandy for Autograph, and he writes columns for *The Telegraph* and *GQ*, on everything from bespoke suits to sports cars. And now he's snapping up businesses faster

than a magpie in a silver shop, slipping references to a sock company and ice-cream business into our conversation. Then there's his commitment to the shoes, as well as his role as ambassador for the British Fashion Council, promoting London Collections: Men, and his charity work ('Battersea Dogs & Cats Home, Comic Relief and a couple of cancer charities'). He's even spoken at the Oxford Union – not once but twice. It's a long way from his student days in Cheltenham, when a friend secretly entered him for a modelling competition on *This Morning* (he won).

It sounds like a lot of work, which is perhaps why, in person, Gandy comes across as a bit serious. 'Everyone says that,' he replies, before telling me how much he loves practical jokes, hiding the passport of his grooming assistant when they were in America on a shoot, 'until he was on the phone to the embassy. I might have taken that a little too far.'

Goofing around aside, his passion for vintage sports cars (he's just restored a 1960s Mercedes), bespoke suits and handmade watches make him a one-man advert for the lost art of being a gentleman. 'We've become so obsessed by boys. There's almost a backlash against true men,' he says. 'Where are the Paul Newmans or Steve McQueens of the world?' Then

he answers that question himself, telling me about racing at Goodwood, piranha fishing in the Amazon and tearing across Italy in a vintage sports car with Yasmin Le Bon, as he did in 2013, in the Mille Miglia race.

He says he owes his father this sense of what it means to be a gentleman. 'Manners were always important. That and travel. My parents educated me through travel. It's the way I was brought up.'

It's in this vein that Gandy is using his considerable fashion clout to champion Britishness. 'We're terrible »

'We've become so
OBSESSED by boys.
There's almost
a backlash against
TRUE MEN'



David Gandy models the new range for David Preston

at investing in our own companies,' he says. 'It upsets me that half the companies on Savile Row aren't British-owned. When I see a small British company I believe in, I'm in the privileged position to give it a chance. London is an extraordinary place to be, and we should be proud of our great brands. I'm proud to have stuck here. I belong to England.'

With all this talk of brands, it's impossible to ignore the meteoric success of Brand Beckham, however another cloud passes over Gandy's face when I compare him to our other favourite man in white pants.

'Well, I did the white pants in 2006, and then he did Armani. I became an ambassador for whisky, and now he has his whisky brand,' he bristles, before softening slightly. 'I don't think we're in competition, though, and hopefully people should be proud there are two Essex guys taking on the world, promoting Britishness.' He has huge admiration for Victoria, too. 'What she's done with her brand is astounding. It's magnificent.'

Generous in his praise of others, Gandy is clearly less comfortable talking about himself. 'I hate it,' he admits. What does he think about being described as a supermodel? He grimaces. 'I'd never call myself that.'

Still, for all his modesty, it's clear you don't get asked by J-Lo to appear in a video as her love interest without something pretty super going on.

'It was never part of a plan to do a music video, but I knew her. She called me up and asked me personally.' Filming 2014's *First Love* in a sandstorm on salt flats outside LA was 'a giggle, a real laugh' and beyond appearing in short films with Helena Christensen, and Rosie Huntington-Whiteley and Helena Bonham Carter for M&S, he's not completely ruling out a proper film. 'I've been offered parts other guys would say yes to, but I just didn't fancy them. But I've read a couple of scripts I love, and if the right team came along I'd love to see them made.'

He almost blushes when I ask him about rumours he was up for the part of Christian in *Fifty Shades Of Grey*.

'When I see a small **BRITISH** company I believe in, I'm in the **PRIVILEGED** position to give it a **CHANCE**'

'I was sent the script but I didn't go along,' he says.

'I know there are a lot of guys who really wanted that role, and I love the idea of a challenge, but you have to be a very good actor to pull off that role. It's a big, big part.'

He refers to his friends a lot, who, he says, 'can make me laugh so much my belly hurts' – because while he may be found cavorting with Gisele on a shoot, or finishing up Natalia Vodianova's plate of food at an awards do, I get a sense the place closest to Gandy's heart is Essex. During the shoot he talks warmly about his sister and her four children, who get 'completely overexcited' when he rocks up in a new sports car.

He lives in Fulham, 'for the village feel', and while J-Lo may be a friend, his best mates are those he went to school with in Billericay. 'When I won the modelling competition, the mate who entered me thought I'd walk off never to be seen again, but unluckily for him I still go and stay at his house.'

Gandy spent New Year in Scotland with friends, and is excited about an impending ski trip with his best friend, his wife and their baby. It sounds cosy, but I can't help wondering how his mates really feel about hanging out with one of the best-looking men in the country? Do they feel threatened? 'I don't really think they're interested in my career. We don't talk about fashion,' he says, pausing. 'Unless it's my discount card. Sometimes

I find myself asking, "Do you really want to have lunch with me or is it my Reiss discount card you're after?"'

Does he ever have a fat day? Or a bad-hair day? 'Of course!' he snorts. 'I work hard at it. At the gym there are people with all the gear and no idea, and then people in scruffy tracksuit bottoms

working hard. That's me at the end of the day.'

I can see he wants to get back to the business talk, but I can't ignore the fact that he's skillfully avoiding any conversation about his romantic life. While he broke up with Mollie King of The Saturdays in 2011, days before we meet they had been seen smooching at a *GQ* fashion dinner. When I press him on it, it's like a door is quietly closed in my face. 'My private life is my private life. It's why I don't personally tweet or Instagram,' he replies. 'You won't get me sending a picture of where I am, or what I'm eating for dinner. It's just not me.'

So there's no patter of little feet on the cards then, David? 'One day, I'd love children, but not right now,' he says politely. Instead, he's more likely to be found in the puppy pound at Battersea Dogs & Cats Home. Secretly, I can't help thinking that where he really wants to be is at home in Essex, with a cuppa, a dog and a great pair of brogues. And you can't get more English than that. ■

The David Preston collection will be in selected stores from the end of July; davidprestonshoes.com

Join the conversation
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MAY 7TH: THE 'Red WOMAN' ELECTION

As the general election approaches, over a quarter of you are undecided where to mark your cross – which makes you a force to be reckoned with. No wonder all the party leaders want to talk to the *Red 1000*



What is proving to be a grippingly close election campaign, we have news that is going to make the party leaders take notice – over 25% of our *Red 1000* panel of women are undecided on their vote. That's a big chunk of the voting population – and a deciding factor when it comes to the result on May 7th.

We always knew the *Red 1000* was going to be a force to be reckoned with. When we recruited the panel in January, we asked you to sign up if you wanted to be part of *Red's* editorial election team, if you wanted to engage in a direct dialogue with the politicians, to get answers *Red* women demanded.

Within days we had 1,000 volunteers and asked them for questions they'd like to put to the party leaders.

What came back made it clear the *Red* woman wields considerable influence in 2015. The no-holds-barred opinions shared by the professionals, part-timers, business owners and everyone in-between, who signed up to be a part of *Red's* political lobby group, make essential reading for every party.

'If the election was tomorrow, do you know who you'd vote for?' we asked. With less than 100 days to go (at the time of writing), over a quarter of you said no. 28.9% of you said Conservative; 25.7% went for Labour. Harsh results for the Lib Dems, with just 5.5% of your votes – beaten by the Green Party, with 7.6% of the *Red 1000* in their camp.

As for the election issues that matter most to the *Red 1000*, it's no surprise the NHS came first, with 68.5% of the panel making it a priority. The economy came next, at 64.8%, with the panel demanding equal pay for women and tax breaks for small businesses. Education was third, followed by concerns about childcare costs, immigration and welfare.

We gave our panellists an imaginary private audience with David Cameron and Ed Miliband. What would you ask

them, we wanted to know. The NHS dominated for David Cameron:

'Why is it a political football?', 'Why don't you have the guts to radically change the NHS instead of just throwing money at it and hoping for the best?' and 'Why did my elderly father-in-law have to wait a year and a half for care?' were three of the hundreds of challenges.

Forget the *Today* programme's John Humphrys – the *Red 1000* went in hard. 'Would you agree your image and perceived lack of credibility are the biggest barriers to a Labour win?' asked Janine from Lanarkshire of Ed Miliband. While Penelope from Warwickshire challenged him with: 'Why aren't you being bolder and introducing socialist policies, instead of just sticking to the centre?'

But it wasn't just an imaginary direct line to the MPs. Armed with questions from the *Red 1000*, we approached politicians of all parties – and, proof of the power of 1,000 smart women, every single one of them responded.

Will their answers do anything to diminish that undecided 25.3%? We'll be asking the *Red 1000* again in the lead-up to May 7th, so let's see. There is everything to play for. »
Not signed up to the Red 1000 but want to be a part of the debate? Join us on March 17th for the Red hustings (see page 143 for how to book – hurry, places are limited)



CLOCKWISE, FROM TOP LEFT:
Lynne Featherstone;
Priti Patel; Gloria
De Piero; Harriet
Harman; Anna Soubry



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Red 1000 ASKS DAVID CAMERON...

What's the one thing you wish you had known on your first day at Number 10?

I wish I'd known the crises coming down the track. You come into office and you know what you want to achieve – but you don't know what lies ahead. In the past five years we've had floods and riots at home, revolutions, terrorist attacks and dangerous diseases abroad... it would have been useful to know those things were coming.

What is the achievement you are most proud of?

The number of jobs we have helped create – 1.75 million more people in work. I think of all the mothers and fathers who are now out working and providing for their family and I'm proud of that.

What's the one thing you'll do differently if you are re-elected?

I hope to lead a Conservative-majority government – and that will, in itself, be different from being in a coalition. Less process, more action.

What song would you choose as the soundtrack to your election campaign and why?

We haven't got that far yet... but maybe *Let's Stick Together* by Bryan Ferry, because we as a country should stick together and stick to the plan that is turning Britain around. I once saw him live in Faro, Portugal, in the 1980s. Brilliant. And he's still got it.

Tell us in six words why we should vote Conservative?

Security for you, your family and country. That's seven – sorry.

Red 1000 ASKS ED MILIBAND...

What further changes will you implement to ensure women can have both a family and a career?

Labour will increase access to childcare by extending free childcare for three- and four-year-olds to 25 hours a week and guaranteeing that all working parents can access childcare between 8am and 6pm through their local school.

How will you reduce waiting times in A&E without a huge impact to the budget?

We will ensure that the NHS has time to care with 8,000 new doctors and 20,000 new nurses funded by a mansion tax on homes worth over £2 million.

How will you reform the benefit system so that working for a living is financially better than being on benefits?

It's incredibly important that we make work pay – Labour will do this by increasing the minimum wage to £8 an hour and banning exploitative zero-hours contracts. But we will also introduce a Compulsory Jobs Guarantee to provide every young person who has been out of work for over a year with a guaranteed job.

Tell us in six words why we should vote Labour?

Labour will put everyday families first.



Red 1000 ASKS NICK CLEGG...

What one change would you make to benefit women if your party won the general election in 2015?

Forty five years after the Equal Pay Act was passed, it is unacceptable that women are still not being equally rewarded in the workplace. The Liberal Democrats would make it a legal requirement for large companies to publish the difference between what they pay men and women. We need to lift the lid on what big companies pay the men and women they employ.

Which of your party's achievements are you most proud of?

Helping modern working families is part of our plan to build a stronger economy and a fairer society so I am proud that we've extended shared parental leave so that mothers and fathers can decide for themselves who will stay home and who will go to work.

Tell us in six words why we should vote Lib Dem?

Stronger economy. Fairer society. Opportunity for all. (Not quite six words but close enough!) »



Red
1000
ASKED:

What is the achievement you're most proud of?

One million more children in good and outstanding schools than in 2010.

Nicky Morgan, secretary of state for education

Personally, as the architect of equal-marriage law, I am very proud that same-sex couples now have the same rights as opposite-sex couples.

Lynne Featherstone, minister of state for crime prevention at the Home Office

Introducing the National Minimum Wage, creating our National Health Service, expanding university places, Sure Start... But it's more than just a list. Labour is about a belief system that says, whatever your background, whoever you are, if you work hard you can achieve your dreams.

Gloria De Piero, shadow minister for women and equalities

Red
1000
ASKED:

What change will you make to benefit women in the next election?

Teach teenagers zero tolerance of violence in relationships as part of bringing in compulsory sex and relationship education in schools – something this government has repeatedly opposed.

Yvette Cooper, shadow home secretary

I want to see even more women unleashed to set up their own companies and to flourish in the workplace, that's why prioritising tax cuts in the next parliament is vital.

Elizabeth Truss, secretary of state for environment, food and rural affairs

To allow women to fight on the front line.

Anna Soubry, minister of state for defence, personnel, welfare and veterans

Make sure that there is never men-only decision-making in government so that women are always 'in the room'. Women MPs speak up for women, championing issues in parliament like domestic violence, equal pay and childcare.

Harriet Harman, deputy leader of the Labour Party

In recent years we've seen more and more women choosing to become self-employed, but all too often they miss out on the rights and protections those in regular employment have. The next Labour government will break down the barriers facing self-employed women and ensure they are treated fairly.

Chuka Umunna, shadow secretary of state for business, innovation and skills

Red
1000
ASKED:

WHO IS YOUR POLITICAL HERO?

Margaret Thatcher. She

inspired a generation of politicians to champion the benefits of a free economy, lower taxes and family values.

Priti Patel, exchequer secretary to the treasury

Barbara Castle. She stood

up for the women who went on strike at the Ford plant in Dagenham and brought in the first Equal Pay Act in 1970.

Yvette Cooper, shadow home secretary

Aung San Suu Kyi.

She has kept her strength and dignity in the face of extreme adversity and has never veered away from her goals.

Helen Grant, minister for sport and tourism

Anita Roddick. She

powerfully showed how business can be a force for good in society.

Jo Swinson, parliamentary under-secretary

Red
1000

ON WESTMINSTER WOMEN

We asked the Red 1000 which politicians they admired. Pleasingly, women came out on top. The current shadow home secretary Yvette Cooper, Labour's longest-ever-serving female MP Barbara Castle, Mo Mowlam, Theresa May, Esther McVey, Stella Creasy and Harriet Harman were all singled out for praise.

Michelle from Cheshire told us she admires Cooper and May because 'they're serious, principled MPs with power – even if I don't agree with all their views'. Jane from Lancashire added, 'Anyone who can stand up in this climate and ask for a chance to try and fix things gets my respect...'

Find more of our general election coverage at REDONLINE.CO.UK


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As May 7th fast approaches, it's time to MEET THE POLITICIANS. Three of Westminster's leading women are putting themselves in the *Red* hot seat to debate the key issues and answer YOUR QUESTIONS

It's not often you get three of the most prominent female MPs from three different parties on one stage. But on March 17th, Labour shadow home secretary Yvette Cooper, Conservative secretary of state for education and minister for women and equalities Nicky Morgan, and Lib Dem equalities minister Jo Swinson, will join *Red* at Google Campus London, Shoreditch, to put their parties' case direct to a room of *Red* readers – including members of the *Red* 1000 panel. The

Q&A session will be chaired by columnist and author Hadley Freeman, and live-streamed on Redonline.co.uk.

Whether it's the NHS, the economy or immigration that matters most to you, now is the time to put your questions to our three politicians who have the power to shape your future.



CLOCKWISE, FROM ABOVE:
Hadley Freeman;
Yvette Cooper;
Nicky Morgan;
Jo Swinson

MEET THE PANEL

YVETTE COOPER,
Labour MP for Normanton, Pontefract, Castleford and Knottingley and shadow home secretary

NICKY MORGAN,
Conservative MP for Loughborough, secretary of state for education and minister for women and equalities

JO SWINSON,
Lib Dem MP for East Dunbartonshire, minister for employment relations and consumer affairs, and minister for women and equalities

JOIN US AT RED QUESTION TIME

HOW TO BOOK

When: Tuesday March 17th

Debate: 6-7pm Drinks reception: 7-8pm

Where: Google Campus London,
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All guests receive a goody bag

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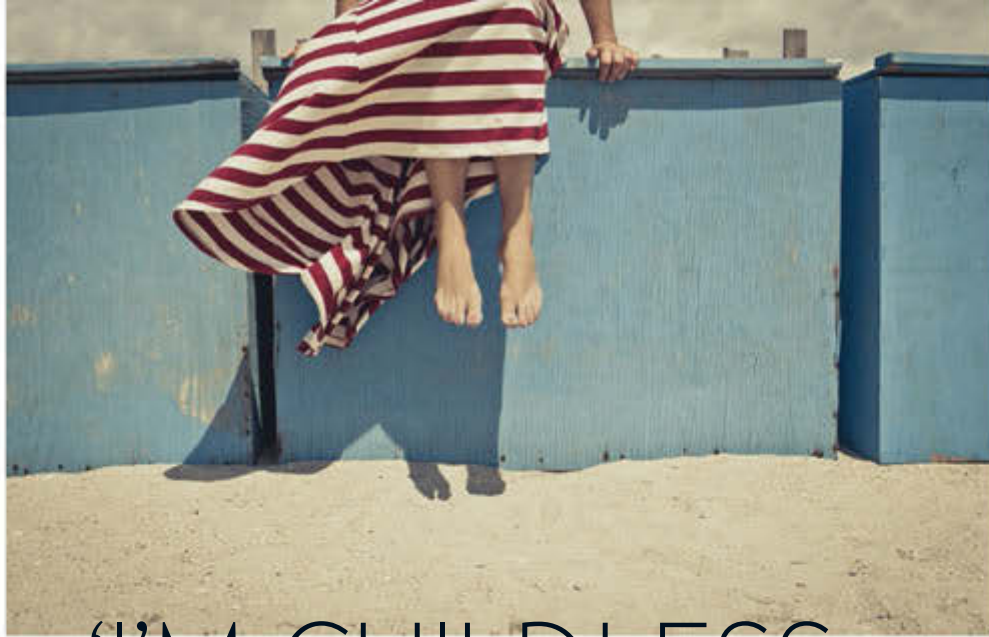


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'I'M CHILDLESS... AND THAT'S OKAY'

It wasn't a choice, as such, but for Mandy Appleyard, having a family just didn't happen. Here, she explains how she's made peace with her circumstances

It's 21 years since I first cradled my friend's newborn baby daughter, Grace, on a warm early-summer day in her Yorkshire garden. Emma and I chatted about the arrival of her third child as her two young sons jumped and squealed with excitement on the trampoline beside us, and her husband barbecued some mackerel for lunch. I remember driving home from Emma's in tears, hating myself for feeling envious of my lovely friend, but nonetheless resentful that her life – centred on an adoring husband and three healthy children – made my own look so thwarted and empty.

I was 34, single and unhappy. As a younger woman I'd always assumed I would be a wife and mother one day, but the more smoothly my career as a journalist progressed, the more elusive seemed the man to whom I could commit and build a life with children at its heart. My relationship had just broken down – my partner arrived home one day to say he'd been seeing someone else and wanted to make a new life with her – and I was beginning to panic about my chances of having the family I craved.

I reflected on this recently after I visited Emma and spent half the evening listening to her bicker with Grace (now a truculent, unemployed 21-year-old) and the other half listening to my harried friend's long list of complaints about the frustrations of raising teenagers and young adults. 'I so envy you your freedom,' Emma told me.

My friends no longer have beautiful babies and entertaining toddlers; they now have taxing teenagers. Many of them are struggling to put their children through university or help them buy their first home, worrying themselves sick about whether their kids will find work in these straitened times. I am childless,

but I am also a contented and fulfilled middle-aged woman who has learned to count my blessings in life.

I suppose my story is one of miscalculation and lack of focus. I'd always enjoyed my work and my career flourished, but I chose unsuitable men and my personal life played out rather less smoothly. I never envisaged life without a family. I had three relationships in my twenties and thirties, each of which I assumed would lead to marriage and children. But as friends married and started families, their lives changing as they welcomed babies into the world, I felt increasingly isolated. While they entered an exciting new chapter as parents, I was flailing around in dating hell, impatient with expectation.

THEN, A LONG-LOST BOYFRIEND INVITED ME TO CALIFORNIA FOR A HOLIDAY WHEN I WAS 38.

We rekindled things, he proposed, and aged 39 I moved to San Diego to be with him. Within three months I was pregnant; we were surprised and thrilled in equal measure. In the 12th week of my pregnancy, however, I miscarried. It was an unthinkable tragedy, and tests couldn't determine why I had lost our baby. A year later I fell pregnant again, but miscarried at 11 weeks. Both miscarriages were 'unexplained', both devastating, and a year later, pushed to the limit by what we had been through, we separated.

If miscarriage hadn't stolen my dreams, I would today be the mother of a 16-year-old and a 14-year-old.

I arrived back in Britain at 41, single and slowly abandoning hope of becoming a mother. A period of serious illness ensued, from which I emerged at 45 staring at what looked like an empty and cruel future. For a while I contemplated adoption and artificial insemination by »

donor, but as a self-employed writer with no financial stability, I didn't feel I was in a position to proceed. I was never hellbent on being a mother at any cost; I wanted a family, but only if I could do right by my child.

In those early days, I used to wonder what my children would have looked like, who they would have taken after. Would they have inherited my mother's beautiful eyes? My father's dry wit? I dared to think I would have been a good mother. We would have gone camping and sailing, and I would have hoped to bequeath to my children my love of books and the natural world. My parents would have been the best grandparents: my loss was also theirs. I have one sister, who never wanted children. Our parents have been tactful about not having grandchildren, but I know they have felt that gap in their lives. I get an inkling of the kind of mother I might have been through my relationship with friends' children, or with the pupils I helped to read when I volunteered in a primary school. I see a new me in those moments – someone patient and persevering, fun and encouraging, with an instinctive confidence around kids.

I don't know how it happened, but over the last 14 years I have managed to find peace with my situation. Some therapy helped, as did the passage of time. The close friendship and understanding of other women, both mothers and non-mothers, has been invaluable. The passing years have woven surprising new joys through my life, not least a wonderful relationship of two years' standing with the loveliest man I have ever known. Jon was widowed when his daughter was 15, and her presence in my life, like his, is wonderful. It has also made me reflect, again, on not having children of my own, stirring a profound sadness that Jon and I are too old to take that step together.

I DON'T WANT ANYONE TO FEEL SORRY FOR ME.

I count my blessings, not least that I have a career I enjoy, and the freedom to indulge my love of travel. Not being a mother means I can do things that would otherwise be impossible. It means that when a friend says, 'Let's climb Kilimanjaro for charity,' I can sign up on the spot. It means I have achieved an MA, learned reasonably fluent Italian, done voluntary work, and lived in Hong Kong, the States and Europe. Some people might assume I am selfish because I have not known the sacrifices of motherhood. In fact, I use my time wisely and productively, through the voluntary work to which I am committed, the teaching I do, and the love I share with the people close to me.

My life is a poorer place for not having children, and while I'm sure lots of women in my situation don't share my sentiments, I feel I am less of a woman – emotionally and physically – for not being a mother. There is a vast realm of experience and growth I will never know, and a love that will be forever unexpressed. I know that what any mother describes as the most profound love she has ever known is, to me, a locked door – that there is so much love I will never be able to give, wisdom and understanding I cannot share, shelter and solace I cannot provide.

But I am old enough to have learned life doesn't always give us what we want, nor what we might feel we are entitled to. In place of parenthood I have another precious gift, and one I do not underestimate. I have the gift of freedom. Those of us who didn't rely on life's default setting, who don't have families of our own, sometimes feel alone – not only because we don't have the companionship and diversions of family life, but also because we form an unfashionable minority, too easily excluded by women who are, quite frankly, smug about their own status as wives and mothers.

“ Not having children implies a **PROBLEM**, the subtext being: what's **WRONG** with you? ”

Not having children implies some kind of problem, be it biological or psychological, the subtext being: what's wrong with you? Perhaps what's wrong with us is we're a combined accident of geography and history – Western women in our forties and fifties who constitute the first generation of women to grow up after feminism's brave

dawn. We were able to make our own choices when it came to work, contraception, abortion and partners, and the statistics tell our story: one in five women in the UK now reaches 45 without having children – double what it was a generation ago. Fertility rates are at a 44-year low.

As well as prioritising our careers, at least for a while, women are less likely to settle for a man they regard as second best simply in the interests of having a family. Many of us spend our twenties having fun, making friends and forging careers, rather than hunting for a life partner, unconcerned at that stage by our fertility.

Finally, the taboo around not having children is often unhelpful. Yes, it's a highly sensitive area, and yes, many childless women regard the subject as off-limits, but I think fear of being judged is also a bar to honest conversation. I still find it tricky when someone asks if I have children. I pause, knowing the answer I am about to give puts me into a category I never wanted to be in: childless. I say no, I don't have children, then pause again, feeling, for reasons I have never understood despite years of trying, the strange need to say something more. And so, invariably, I rush in with some extraneous detail such as: 'I tried but it didn't work out' or 'I wanted them but life had other plans for me.'

I'm unable to say I am childless without feeling the need to explain that it is not by design. I think this is because people often assume women with careers and no children chose one over the other, which is certainly not a choice I made.

My hope is that future generations of women will be able to choose whether and when to have children, without fear of coercion or judgement by society or individuals. Maybe they will enjoy the freedom to decide to have children, or a career, or both; to become mothers at 20 or 45 or at any point in-between; to abstain from motherhood if that is their wish, or to fill their lives with children if they are able.

Mostly, I hope women can find it in their hearts to be supportive of other women, however divergent the paths they take. That would be a very special kind of female liberation. ■

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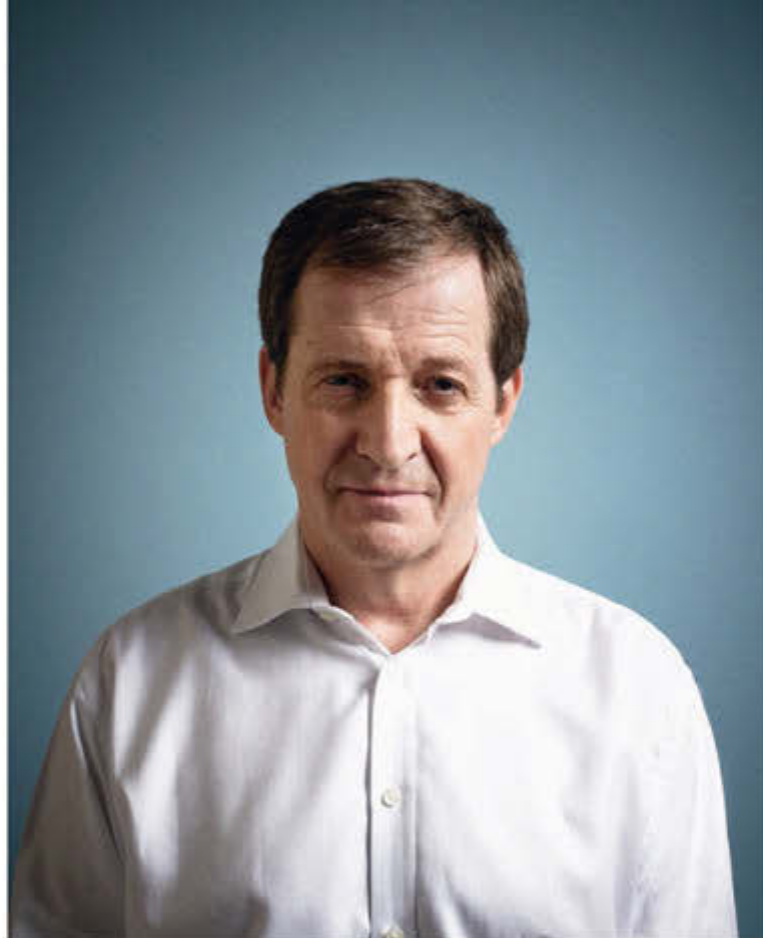
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FROM TOP: Alastair Campbell and fellow key aide Anji Hunter with Tony Blair, in 1996; Campbell and Hunter in Washington





He swaggers
HE SHOUTS
He's a big
softie really*
*OR SO HE CLAIMS

Famously fearless, former Labour spin doctor Alastair Campbell is still impossible to ignore. Five years after leaving politics 'for good', India Knight meets a man who seems on the brink of a comeback. Is Britain ready? »

Photographs AMELIA TROUBRIDGE

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When I tell friends at a party that I've spent the day interviewing Alastair Campbell, Tony Blair's former spin doctor, every single woman blurts,

'Oh my God, was he unbelievably attractive?' Then they laugh and pat their husbands ('Sorry, darling'). It's very funny. Anyway, the answer is, he is perfectly, ordinarily attractive – rangy, intense, nice-looking. He is not unattractive, but I manage to hold it together, swoon-wise.

Nevertheless, there is something galvanising about Campbell. The 57-year-old has both presence and a kind of prowly, wary intensity, like someone coiled: the energy of the room changes when he walks in. This is why women fancy him – the perception is he's macho and takes no prisoners.

I think both of these things are true. I also think he is not the robust, muscular extrovert of public imagination, but rather introspective to a fault, frail in places and possibly given to a degree of self-flagellation. In the flesh (grey tweed suit, a sort of Essence of Scotland vibe – he is very proud of his Scots ancestry), he swaggers less than one might expect and is considerably more thoughtful and sensitive – hardly the full adorable flower, but not the prickly cactus, either. 'I can be very, very hard. I can be incredibly soft. I'm actually very sensitive, but I'm also incredibly thick-skinned, I mean, I'm brutally thick-skinned,' he tells me, unnecessarily.

Campbell is one of those people who has been damaged, and refashioned for the better by it. 'Once you've been through a complete, total mental explosion,' he says, referring to his 1986 breakdown, when he was detained by police for his own safety, 'and you've got all your colleagues and your family and everybody else thinking you've gone completely off the rails and you're probably never going to come back, there's nothing much worse than that.' He's wilfully unbroken, good at surviving.

We're here because he's written a book about power: what it is, how

to get it and how to handle it when you have it, featuring interviews with sports players, world leaders and prominent women and men. It's gripping, which is hardly surprising given Campbell's own proximity to power – he left journalism to become Blair's spokesman in 1994; coordinated, with Peter Mandelson, the 1997 election campaign; was Blair's chief press secretary until 2000, and then his director of communications and strategy. He worked for the party again in 2005 (somewhat reluctantly, I strongly sense, or perhaps against his better judgement) in the run-up to the election, which Labour, of course, lost.

Does he talk to Ed Miliband now? 'I do.' Does he give him advice? 'I always say what I think.' Hmm.

My sense is perhaps this advice goes unheeded. 'May God forgive me, but I never slag off the Labour Party.' Come on, I say, it's not disloyal if it's said with love. 'We are not where we should be,' he says.

When we discuss the public's calamitous loss of confidence in politicians, he says it started with the expenses scandal. But why did nobody see it coming? 'Probably because, in the scheme of things, it doesn't look or sound as important as fixing the economy, the health service. And now I think politicians have lost confidence in their ability

to communicate the good they do. The thing Tony always had was this ability to give a message of confidence, whatever was going on. The Twin Towers come tumbling down: "I'll sort this, we'll work it out." I think Cameron has learned all the wrong lessons about New Labour. He thinks it was all about communications. But we communicated a very good strategy, and we never changed the strategy. It was New Labour.' Which people wanted, I say. 'And I think actually still do,' says Campbell.

'UKIP and the SNP, in a sense it's a frustration. They're not sure what the Tories are about. Nor Labour.' Surprisingly, his book has a hippieish side: coincidences, accidents of fate. Campbell's big on visualisation.

'I definitely think we would have performed better if we'd been aware of some of that stuff,' he says of Labour's time in office. Really? How? 'I'll give you an example. I'm friends with a performance coach, Andy McCann. I was finding when I was in situations – television interviews or public meetings – certain questions could push me to react in a way I didn't actually want to. I'd become aggressive, or lose my temper. I saw Andy and we talked about it and I mentioned the Chilcot inquiry [the public inquiry into the 2003 >>

Alastair Campbell
photographed for *Red*



**'Once you've
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invasion of Iraq]. That was bloody stressful, right?" 'I'll say,' I chirp.

"So I visualised what that was like. Andy said, "Let's think about it, what's the worst thing that can happen?" We went through various scenarios. I said, "I suppose if somebody stood up and attacked me, that would be pretty bad." He said, "Let's talk that through. What would you do? What would your instincts be?" I said, "Probably to hit him." "Would that be a good or a bad thing?" I said, "Probably a bad thing." "Okay, so would you do it?" "No." So even talking about it like that helped.'

Do people often come up and aggress him? 'I'm quite a controversial figure still. I get people having a go. The last time it happened I was at a fundraiser for MP Stella Creasy. I was doing a book signing, when a man came up to me, leans over and says, "I'm arresting you for crimes against humanity, citizen's arrest." The police had been tipped off, so piled in and took this guy out. How did I react? I didn't at all. I'm convinced it was because of Andy McCann.'

McCann, he tells me, also taught him an exercise whereby he makes a small gesture – something as insignificant as staring at the ceiling – to calm himself. 'When I feel the gorge rising, when I feel somebody getting under my skin, I do it. And I hold it together.'

I ask – in relation to his depression, breakdown and past alcoholism – if his famous, Malcolm Tucker-ish thick skin was developed as armour, and if he was in fact thin-skinned on the inside. 'No. If anything, I think it might have been thickness of skin that made me too insensitive to what was happening in my head, and to the impact it was having on other people. I couldn't understand why Fiona [his partner and the mother of his three children] was so upset with me all the time. I think I'm more sensitive to that stuff now.'

'If you've been bloody picked up in a public place trying to divest yourself of your possessions and you're hearing voices and you think everybody's

'Fiona once said, "On BALANCE I am glad we stayed TOGETHER"'

into a depression. It is not easy for her but I think we have both learned ways of coping through the bad periods.'

Is he as bolshy at home as he can appear in public? 'Well, Fiona once said, "On balance I am glad we stayed together." We are a strong couple. She has said I can be a nightmare to live with, I have traits that are infuriating but I make her laugh – life is never dull. I do nothing around the house though, because I am, in many ways, totally impractical. I can't change a plug.'

He seems more content now. I wonder if leaving politics was the best thing he did and he responds with another anecdote, this time involving an audience member from one of his talks in New York, saying: 'I'm very interested in politics, but I've never heard anybody talk about power so convincingly. I can't understand how you walked away from that and how you've managed so successfully to make a transition to a different life.' Campbell pauses and says, 'That

question kept me up all night, because I don't feel I have made that transition well. I agonise about it all the time.'

Seriously? 'Yeah. Should I have gone into politics? Should I have gone for a seat? I didn't sleep that night. I've got it settled most of the time, but when it gets interrupted, it troubles me. Have I made the transition well? Should I have made it at all? Big questions for me.'

Come on then, I say, stand for election. For a moment, Campbell looks agonised. He says, 'So, 1994, when John Smith died, I instantly know Tony's going to be leader and I'm going to work for him. I do that. In 2001 I told him, "I think I should get a seat," and he said, "You can't do that, you've got to be campaigning!" By 2003, when I resigned from Number 10, I just wanted to get out, I was sick of it. Then Gordon persuaded me to go back and help him with the campaign in 2010...' He says a friend recently urged him to go into parliament and his reply was: 'I'll regret not doing it, but I know I'll regret it if I do it as well.'

It depends on the size of the regrets, I say. 'I know,' he admits. 'And the size of the regrets will be big either way.' What about standing for Mayor of London? 'Tessa [Jowell],' he answers, in his tenaciously loyal way. I say I'm not convinced. 'You're doing to me what that woman in New York did,' he says.

Our interview concludes. In the morning, I have an email from Campbell saying he hasn't slept a wink. I go straight to William Hill and put a bet on him standing for mayor. **WINNERS: And How They Succeed** by Alastair Campbell (Hutchinson, £20)

Find more General Election 2015 coverage, and how you can get involved, at REDONLINE.CO.UK



FROM LEFT: Campbell on a flight to New York with Tony Blair in 1996; with partner Fiona Millar; and with daughter Grace

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Scene

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Edited by HANNAH DUNN



THE LATECOMER

After 14 years on our TV screens, MyAnna Buring is taking on her biggest role yet in *Banished*. It's been worth the wait, says Hannah Dunn

This face is probably familiar – it's been popping up in some of our favourite TV shows for a while: as an ambitious maid in *Downton Abbey*, a brothel madam in *Ripper Street*, and now a convict in BBC Two's new seven-part series, *Banished*.

But her name may be less familiar, because MyAnna (pronounced Me-Anna) Buring has stayed remarkably under the radar, choosing to focus on an impressive body

of work – two films (*Hyena* and *Hot Property*), two theatre productions (*Strangers On A Train* and *The Wasp*) and three TV shows in the past 12 months alone. Boy, is it paying off. 'The fact that I'm excited about the scripts I'm reading now, that I can dance around my living room in unsuppressed excitement... I feel very lucky,' she says.

I'd say luck has nothing to do with it, because Buring has been working hard for this. It may have taken her »

a little longer than usual, with her twenties spent as a jobbing actress on the likes of *The Bill* and *Casualty*, but since turning 30, things have changed. Does it mean more to her now? 'It's harder to appreciate something if you've never known the opposite,' she explains. And it's for this reason that even though she's lost her voice – following the opening night of her current play, *The Wasp*, at Hampstead Downstairs – Buring is determined to chat. I'm worried about her performance, but she assures me, 'I'm just going to talk to you and then I'll shut up for the rest of the day.'

Born in Sweden, Buring spent her childhood in Oman before moving to England at 16. She has some interesting roots, which have clearly fuelled her acting and nomad lifestyle, with her latest role taking her to Australia, to film *Banished*.

'It imagines the life of the first convicts who colonised Australia in 1788,' she explains. 'My character Elizabeth is a survivor, strong and feisty.' One horrific flogging scene proved particularly difficult: 'There's something in the energy when you film a scene like that. And that feeling of walking through the crowd,

stripped of most of your clothes, stays with you.'

It's a contrast to her best-known role, as Long Susan in *Ripper Street*. So beloved was the show, that fans petitioned to bring it back when it was cancelled after a stellar second series. 'The fans were just extraordinary; we were all so moved by that kind of support,' she agrees.

I wonder how, with such different roles on her CV, Buring will pick her next project? 'What excites me is telling stories and it takes lots of different types of people to tell those stories. They don't necessarily have to have the same principles as I do; in fact, I find it quite interesting to play characters that don't have the same belief system I do,' she tells me.

'You're not always lucky enough in this profession to have a choice, but when you do, there's nothing better.' We think those days might just be behind MyAnna Buring. It's definitely time to remember this name. *Banished* is on BBC Two this March

MyAnna Buring stars in *Banished* alongside Julian Rhind-Tutt and Russell Tovey



Buring in *Ripper Street* and, above, in *Downton Abbey*

WE LOVE... KAYVAN NOVAK



BAFTA-winning comedian Kayvan Novak (best known for his hilarious turn on *Facejacker*) stars in a new BBC One sitcom this month. *Woody* features the charismatic funnyman as a tabloid hack on the run in Spain, and co-stars Bradley Walsh as his old mentor, who is less than happy to see him. Why wouldn't you want Novak pitching up on your doorstep?



IT'S A LITTLE BIT FUNNY

by HANNAH DUNN

For 30 years Comic Relief has been making us laugh, cry and inspiring us to help others. And now, for 2015, five of our favourite fashion designers have turned their talents to T-shirts, with Henry Holland (worn by Helen McCrory, left), Diane von Furstenberg, Anya Hindmarch, Matthew Williamson and Karl Lagerfeld all creating unique designs. Show your support and invest in yours from March 13th, when T-shirts are available to buy at TK Maxx stores nationwide and at tkmaxx.com.



SPRING'S PAGE-TURNERS

So many new novels, so little time. Viv Groskop picks her must-reads

Rise by Karen Campbell (Bloomsbury, £16.99; out March 26th)

A beautifully written novel about freedom and forgiveness. A group of strangers come together at Kilmacarra in the Scottish Highlands, all facing questions about where they belong in the world. Heated, political and lyrical, this is an excellent, topical novel.

The Faithful Couple by AD Miller (Little, Brown, £13.59)

In California, 1993, two young men who meet at a hostel go on a camping trip. On that trip they lead each other to behave in ways that, years later, they'll come to regret. An excellent story of friendship and betrayal.

Wake by Elizabeth Knox (Corsair, £12.99)

When police officer Theresa Gray is summoned to a New Zealand town on Tasman Bay, she uncovers a horror story. Locals are turning on each other in a murderous rage – and she's next. One for fans of Stephen King.

The Girl In The Red Coat by Kate Hamer (Faber, £12.99)

When eight-year-old Carmel disappears into the crowd at a festival – and is found by a stranger who claims he is her grandfather – her mother Beth is forced to examine the strange forces that she realises must be at the heart of her daughter's disappearance.

Reasons To Stay Alive by Matt Haig (Canongate, £9.99)

I'm a big fan of Matt Haig's open, witty, vulnerable style. This is a wonderful manifesto about surviving life, whatever your demons or hang-ups, by a man who suffered from chronic depression in his mid twenties. An excellent memoir that makes you feel glad to be alive.

The Wolf Border by Sarah Hall (Faber, £16.99; out April 2nd)

For years Rachel has turned her back on her English heritage and immersed herself in her work, monitoring wolves on an Idaho reservation. Suddenly she's called

home by a scheme to reintroduce the grey wolf to the English countryside. An original, exciting novel.

The Shore by Sara Taylor (William Heinemann, £12.99; out March 26th)

An exciting and innovative debut novel that features various generations across the course of 150 years of life on the Shore – a community of outsiders who are all somehow connected. An intricate and ambitious book for fans of David Mitchell's *Cloud Atlas*.

So You've Been Publicly Shamed by Jon Ronson (Picador, £16.99)

Jon Ronson is one of the funniest writers we have,

as George Clooney will tell you (he bought the rights to Ronson's book *The Men Who Stare At Goats* and then starred in the film). His latest investigation uncovers a world of Twitter trolls and idiot celebrities.

A War Of Flowers by Jane Thynne (Simon & Schuster, £7.99)

August 1938, Paris. British actress Clara is in town to film her latest movie, having left Berlin under a cloud of suspicion. In Paris, her German connections lead to an approach by a British operative for her to befriend Eva Braun, Hitler's girlfriend. »





THE WORDSMITH

With her second novel out this month, Polly Samson talks the highs of writing, Pink Floyd lyrics and her beloved dog

Tell us about your new novel *The Kindness*.

It's a novel about a 'kindness' that is done to a young man called Julian. But this kindness that Julian unwittingly accepts has heartbreaking consequences.

Where did the idea come from?

A similar act was done to my great uncle Heino. Sadly, it was something he couldn't recover from and he ended up taking his own life when I was 11. The novel has a happier ending, though, as his story was just the germ of the idea.

This is only your second novel and 15 years after your first...

It was much harder this time around. I wrote my first novel in a frenzied six-week burst, because I wanted to finish it before my first book of short stories came out. But *The Kindness* took four years and many drafts before I was happy.

Do you ever show anyone your work?

I can't write without reading aloud. I read everything I write to David [Gilmour, Samson's husband and Pink Floyd-er] who gets to know the material so well he becomes like its co-parent. The 'showing' bit is hard because it feels like kicking it out of the nest.

You've penned lyrics for Pink Floyd, written short stories and novels – what comes most naturally?

I know whatever I'm currently working on comes *least* easily!

So what's the hardest part?

Clipping on my Crampons to climb those steep stairs to my writing room at the top of the house.

But you must love it?

There's no high like writing going well, when my fingers can't type fast enough and time stops existing.

What inspires you?

Odd snippets and glances. *The Kindness* was inspired by my uncle's suicide, a children's show, a Twitter comment on the weight of a hawk on an arm – many things! And the most recent lyric [for Pink Floyd], *Louder Than Words*, was inspired by the awkward social interactions of a band who actually speak so fluidly with music.

Who's your greatest role model?

My friend, the writer Damian Barr. When my confidence flags, I have to get in touch with my inner Damian or, more often than not, the actual Damian. He's the most positive person I've ever met.

Finally, what's your best thing in life?

Please don't tell my husband or children, but it's the dog.

The Kindness (Bloomsbury, £12.99; out March 12th)



ONE TO WATCH

James Bay first stole our hearts last September, when his long locks and beautiful vocals headed up the Burberry Prorsum catwalk. Since then it's become an epic love affair. With a Brits Critics' Choice Award and a BBC Sound of 2015 spot under his 24-year-old belt, his debut album *Chaos And The Calm* is finally out on March 23rd. Mesmerising.



ALL ABOARD

History comes to life as our favourite immersive theatre company, Punchdrunk Enrichment, joins forces with the National Maritime Museum to present a show designed especially for children. *Against Captain's Orders* transports visitors through the incredible maritime heritage housed in the museum, as they become part of a real-life crew who must work together to survive. We advise you to borrow a child immediately for this. *Against Captain's Orders at the National Maritime Museum, from March 28th; rmg.co.uk*



Michelle Williams stars in must-see war drama *Suite Française*



BEST OF THE BIG SCREEN

Stylish French love stories, family dramas... get ready to laugh and cry at the cinema this month

by FRANCES WASEM

There's something deeply romantic about the discovery of an unpublished novel. We imagine it covered in dust and hidden in an attic. It's no surprise then, that once the dust is blown away and the book published, the film rights get snapped up. Such is the case with Irène Némirovsky's *Suite Française*.

Often, the story behind such a novel is so fascinating it becomes layered into our experience of the film. It's impossible to watch Saul Dibb's (*The Line Of Beauty*) direction of *Suite Française* without thinking of the French author Némirovsky's real life – and death in Auschwitz, at just 39 years old. Némirovsky (of Ukrainian Jewish descent) had planned a five-part novel, two of which she'd written as novellas, *Storm In June* and *Dolce*, in the summer of 1940, during the German occupation (the three others were left in note form). Fifty years later, her daughter, Denise Epstein, discovered them all and published the novellas together as *Suite Française* in 2004.

For Dibb, it was an opportunity to direct a war film (he also co-wrote the script) from a woman's perspective: the watchful Lucile Angellier (Michelle Williams). It explores Angellier's slow awakening: the realisation she's in an unhappy marriage and the complicated love she feels blossoming for the German officer living under her (and her mother-in-law, Kristin Scott Thomas') roof. This love story is set against the struggles of the different classes in the village under Nazi occupation.

Dibb's hardest task is imagining how Némirovsky would have finished the book. In truth, the ending doesn't quite satisfy, but perhaps it's more realistic. And the strong performances ensure it's one of the must-see films of spring.

Epstein died just before production began. Her words – as a child who lost her mother during the war – hang heavy in the air: 'It shows the Nazis did not truly succeed in killing her. It is not vengeance, but it is a victory.' *Suite Française*, out March 13th



Julianne Moore is mesmerising in *Still Alice*

Still Alice

Julianne Moore won Best Actress at the Baftas, Golden Globes, Critics' Choice Movie Awards and SAG Awards for her mesmerising portrayal of a scholar, struggling with the early onset of Alzheimer's in *Still Alice*. The actress has said the role taught her to 'live in the present'. Out March 6th

Mommy

Xavier Dolan's Canadian drama, *Mommy* (about a widowed mother raising a difficult son), is filled with the kind of emotional depth that ensures a Hollywood remake. It also received a 13-minute standing ovation at the Cannes Film Festival. Out March 20th »

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MAD MEN: THE END IS NIGH

For a series that began as a glossy take on 1960s New York, *Mad Men* rewarded faithful viewers with a psychedelic patchwork quilt weaving in all humanity – albeit in very nice clothes and with an Old Fashioned permanently in hand. As the show begins its last ever run on Sky Atlantic, *Julia Raeside* picks her four favourite moments.



Mad Men fans, prepare yourselves: the final season is approaching

SHOTGUN BETTY

Betty Draper (January Jones) is the ultimate bored housewife, who one day decides to take out her frustration on the next-door neighbour's homing pigeons. In full candy-pink housecoat and bouncing curls, she strides calmly into the garden and lets rip at the birds with her son's BB gun – a perfect moment of comic horror performed with unforgettable panache.



DON AND JOAN GET CLOSE

Christina Hendricks had to wade through an awful lot of 'wow, look at those curves' coverage during her reign as Joan Harris. But there's no finer example of her talent and easy chemistry with the cast than in season five, when she and Don Draper (Jon Hamm) go for a drink after she's served with divorce papers. Divine acting from both and nice to see Don with a woman he respects too much to bed.



ROGER AND JANE TAKE LSD

Silver-haired wisecracker Roger Sterling (John Slattery) has provided the series with many memorable zingers. But this trippy sequence in season five saw Roger and his wife taking LSD and coming to the psychedelic yet matter-of-fact realisation their marriage was over. It was one hell of an episode. What other show has played with its audience so wonderfully? Goodbye, *Mad Men*. Life will be so dull without you. » *Mad Men* is on Sky Atlantic in early April



ZOU BISOU BISOU

For some of the show's best wordless acting, look no further than Don, sat on a chair at the centre of his surprise 40th birthday party, being saucily serenaded by his young wife Megan. He hates surprises, and hates attention, but she's totally turning him on with her shimmying and pouting. He expresses it all without speaking. I still have to watch it through my fingers.



FASHION FAVOURITES

This month sees a plethora of fashionable moments. From the release of photographer Nigel Barker's *Models Of Influence*, to Bath's annual festival and a brand-new documentary from Dior, prepare to be inspired...



See creative director Raf Simons at work in new film *Dior And I*



SEE:

Dior And I (in cinemas from March 21st) Head behind the closed doors of the wonderful world of Dior, as this show-all documentary captures the innermost workings of creative director Raf Simons (left) and his team at the Dior atelier. All while he prepares for his very first show. Expect mayhem and beauty.



Culture and style collide at the *Bath in Fashion* festival

DO:

Bath in Fashion 2015 (March 21st-29th; bathinfashion.co.uk) For the sixth year running, Bath will be overrun by fashion. Designer Anna Sui will reveal the secrets behind her work, fashion historian Iain R Webb talks about his new book *Invitation Strictly Personal*, and blogger Susie Lau (aka Style Bubble) takes to the stage with Lulu Kennedy of Fashion East and fashion designer Ed Marler. Start planning your outfits now.

READ:

Models Of Influence: 50 Women Who Reset The Course Of Fashion by Nigel Barker (Harper Design, £25; out March 12th) Tracing the most memorable faces in fashion over the past 70 years, author (and photographer) Barker sets out to define what makes models iconic, from Jean Shrimpton and Twiggy, to Jerry Hall and Joan Smalls.



In his new book (below, left), Nigel Barker cites Joan Smalls (above) and Jean Shrimpton (below) among the world's most influential models



CELEBRITY style watch

Turn up the glamour this season in daring cuts and high-impact shimmer



Spring is in the air, and fashion's shaking off its winter layers to reveal a new, lighter mood. A soft, dreamy palette leads the way, elevated for evening with a cool, metallic twist. And, fresh from awards season, the A-list are giving us a lesson in how to wear it.

For full-on silver-screen glamour, be inspired by Angelina Jolie, whose curves are accentuated in a slinky wrap gown. Or look to Jaime King and Poppy Delevingne, whose low-cut midis catch the eye in dazzling shades of champagne gold. More demure, but just as striking, Leslie Mann works a classic shape updated with plenty of sparkle, while Kate Bosworth takes a boho approach in an elegant embellished halterneck. Whatever your style, it's time to shine.

The final touch

Complete a red-carpet look with the pro make-up artists' secret weapon, Max Factor Masterpiece Glamour Extensions 3-in-1 Mascara

ALL ABOUT EYES

This spring, a glamorous lash look is the perfect way to wow. With its expert multi-tasking formula and cutting-edge wand technology, this latest innovation from Max Factor, Masterpiece Glamour Extensions 3 in 1 Mascara, gives all three benefits of a glamorous lash look – volume, length and darkness.

INSTANT IMPACT

Max Factor make-up artist Caroline Barnes says, 'Its unique quality is that the brush places a bulk of mascara at the base of the lashes which gives lashes incredible lift. This, combined with the lash extending fibres formulation, works to deliver a truly incredible lash look.'



Clockwise, from top left:
Kate Bosworth; Leslie Mann; Jaime King; Poppy Delevingne; Angelina Jolie

Max Factor Masterpiece Glamour Extensions 3-in-1 Mascara, RRP £10.99* available at Boots

STYLE STARTS HERE

Look no further than Mint Velvet for your one-stop new-season wardrobe

It's thanks to Mint Velvet that relaxed glamour has become a phrase synonymous with so many of our wardrobes. And this season is set to be no different, with a gorgeous collection sweeping in to make your spring styling effortless.

Their laid-back luxe mantra has them shaking up the high street and creating collections that not only look good, but feel good, too. Inspired by the catwalks, Mint Velvet takes the trends and relaxes them into wearable everyday pieces. Cherry-picking trends that flatter, the brand creates collections which

'Inspired by the catwalks, Mint Velvet takes the trends and relaxes them into wearable everyday

coordinate effortlessly and give you confidence in what you're wearing. Quality is of the highest order too – think luxe-to-touch knitwear, sophisticated prints, and thoughtful finishing touches added to every garment, giving you clothes that ooze luxury without the matching price tag.

So, what does this season bring? Expect to see Mint Velvet's signature artisan prints on everything from maxi dresses to must-have kimono jackets, fresh white separates paired with seascape-inspired blues, and standout metallic accessories to complete the look. It's no wonder then that Mint Velvet has become our one-stop wardrobe solution.

Hero piece

It's all in the detail – beautiful artisan prints add a touch of modern luxury.
Dress, £129



Jumper, £79,
and jeans, £69



Accessories hot list



Sandals, £69



Clutch, £89, and bag, £99



Relaxed glamour:
the Mint Velvet team
Jane, Lisa and Liz

BEHIND THE STYLE...

Meeting the team behind the brand, you'll see why your wardrobe's in such good hands. Founders Liz, Lisa and Jane share a wealth of fashion experience, setting Mint Velvet up after they themselves were struggling to find flattering clothing that fitted in with their modern lifestyles, and that was affordable and luxurious. Now in its 5th year, with over 100 stores nationwide and a thriving website, it's true to say Mint Velvet has mastered relaxed glamour.

Get the look at mintvelvet.co.uk



Necklace, £39

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Fashion

Edited by NICOLA ROSE

BRAND NEW DAY

Head-to-toe WHITE for you, and your kids (yes, really), rails of DENIM and updated MILITARY all transform 24/7 dressing for the brighter days. It's the start of great things...

Cotton- and silk-mix shirt, £325; cotton- and silk-mix skirt, £395, both Temperley London

NEW MODEL ARMY

SMART, UTILITARIAN AND OH-SO COVETABLE - ARM YOURSELF
WITH MILITARY-INSPIRED PIECES IN A CAMOUFLAGE PALETTE

Photographs MAX ABADIAN *Styling* NICOLA ROSE



MaxMara embraces the utility mood with its clean-lined shirt dress. Every wardrobe should have one – and camo sandals will earn you style points this spring/summer

Wool shirt dress (part of a two-piece set), £510, MaxMara. **Neoprene belt**, £180, Marni. **Twill and rubber sandals**, £720, Dior

Tailored shorts and a lightweight sweatshirt are your go-to office essentials this season. Take your cue from Emporio Armani and choose indigo blue – summer's hottest shade

Cotton sweatshirt, £260; **twill shorts,** £290; **rubberised leather sandals,** £480, all Emporio Armani





Epaulettes and patch pockets continue the theme of uniform dressing in Victoria Beckham's S/S 15 collection. Her jute coat with inset belt is a classic cover-up for spring and beyond

Jute coat, £2,100, Victoria Beckham.
Leather sandals, £475, Giuseppe Zanotti

The cropped parka is a seasonal hit. Zipped up over an oversized cotton shirt, à la Rag & Bone's trademark urban styling, it's your perfect warm-weather throw-on

Cotton parka, £470;
cotton shirt, £295;
leather shorts, £625,
all Rag & Bone. **Leather
sandals**, £350, Marni



No longer reserved
for winter, leather
is here to stay.
Sportmax gets
it spot on with this
structural olive shift

Leather and satin
dress, £1,230, Sportmax



The bomber is back and revamped for S/S 15 in white. Team with cropped trousers for the most wearable look of the season

Cotton jacket, £585; **cotton crop top**, £310, both 3.1 Phillip Lim. **Cotton trousers**, £325, Mother of Pearl at Harvey Nichols. **Leather sandals**, £360, Marni



Stella McCartney
nails the sports-luxe
look with easy-to-
wear separates in
gorgeously soft silk

Silk coat, £1,320;
silk top, £330; **silk**
shorts, £400, all
Stella McCartney.
Rubber sandals,
£450, Dior





This dress is all about the details: a smart collar, belted waist and Paul Smith stripes in subtle hues

Cotton dress, £665; leather belt, £170, both Paul Smith. Sandals, as before



Christophe Lemaire kept it simple in his parting collection for Hermès. Sumptuous, inky blue layers are your trans-seasonal heroes

Leather and silk coat, £6,620; **cotton shirt,** £810; **leather skirt,** £2,080, all Hermès. **Leather sandals,** £360, Marni

Model Michelle Buswell at Storm. Hair Christos Kallaniotis at One Represents, using Wella. Make-up Ashley Ward at One Represents, using Chanel Spring 2015 and Chanel Body Excellence. Nails Kim Treacy at LMC Worldwide, using Chanel Spring 2015 and Chanel Body Excellence. Prop styling Alun Davies at Factory London. Prop stylist's assistant Alex Clow. Stylist's assistant Chloe Forde. Local production Danielle Hunt

**Dior's ankle-skimming,
Seventies-style dress
is as relaxed as it is luxe,
making it the ultimate
all-summer favourite**

Liisa (right) wears: **Cotton dress**,
£5,500, Dior. **Leather sandals**,
£350, Ancient Greek Sandals
Stella wears: **Cotton vest**,
£87, Bonpoint. **Cotton-mix
jeans**, £69, Stella McCartney
Kids. **Cotton and tulle hair
garland**, £28, Woodstock





Dramatic and practical, this dress gets playtime-appropriate with the season's hero shoe – ankle-strap sandals

Liisa wears: **Silk dress**, £1,200, Thakoon. **Leather sandals**, £150, Ancient Greek Sandals
Stella wears: **Denim dungarees**, £80, Tommy Hilfiger Kids.
Hair garland, as before
Oskar wears: **Cotton top**, £65; **cotton- and linen-mix shorts**, £78, both Caramel Baby & Child

DAYDREAM BELIEVER

THIS SUMMER, STYLING STARTS WITH A BILLOWING SILHOUETTE AND FINISHES WITH CRISS-CROSS LACE-UP SANDALS. KIDS CAN WEAR WHITE ON SPECIAL DAYS... GROWN-UPS HAVE PERMISSION TO WEAR ALL SEASON LONG

Photographs HILARY WALSH Styling SARAH CLARK

Embrace the modern-hippie vibe in this Peter Pan-collar dress paired with of-the-moment moccasins

Cotton dress, £3,100; suede shoes, £355, both Saint Laurent by Hedi Slimane





Nothing looks fresher in the sun than easy-to-wear white. Smock shapes create relaxed silhouettes for you and little ones

Liisa wears: **Cotton dress**, £310, Kate Spade New York. **Sandals**, as before
Stella wears: **Silk chiffon dress**, £138, I Love Gorgeous
Oskar wears: **Cotton shirt**, from £14, Monsoon. **Shorts**, as before

Prettily romantic with layers of lace, this Zimmermann dress gets a modern twist with lace-up-the-leg gladiators

Liisa wears: **Lace dress**, around £1,700, Zimmermann. **Sandals**, as before Stella wears: **Cotton vest**, from £83, Bonpoint. **Canvas shorts**, £65, Tommy Hilfiger Kids. **Suede shoes**, from £32, Clarks



**Pompom trims
and breezy crochet
detailing makes this
the cutest summer
dress we've seen**

Cotton dress,
£490, Emma Cook.
Sandals, as before



**A simple shift
with the sweetest
embroidery, this
Vanessa Bruno
sundress is an
everyday winner**

**Embroidered cotton
dress, £340, Vanessa
Bruno. Leather
shoes, £840, Hermès**





**Chanel's white
cotton blouse has
just enough ruffles
for romance**

Liisa wears: **Organdie
cotton shirt**,
£3,410, Chanel
Oskar wears:
Cotton shorts, £89,
Emporio Armani

**Sexy meets pretty
in Rochas' billowy,
backless design –
perfect for flaunting
sun-kissed skin**

Liisa wears: **Rayon
and polyamide
dress**, £4,321, Rochas
Stella wears: **Viscose
dress**, £46, Monsoon
Oskar wears: **Cotton
top**, £65, Caramel
Baby & Child.
Shorts, as before

Model Liisa Winkler at One
Management. Hair Charles
McNair at Jed Root, using
L'Oréal Professionnel. Make-up
Kristina Brown at Jed Root,
using Chanel Beauté. Stylist's
assistant Sophie Hooper. Local
production The Focus Studio

Liisa Winkler works with some
of the world's top photographers
and fashion houses. A passionate
environmentalist, Liisa is an
ambassador for World Animal
Protection, campaigning for the
welfare of farm animals. She also
supports the Jane Goodall Institute
and David Suzuki Foundation.
Photographed for this story with
her children, Stella and Oskar



BLUE JEAN BABY

DENIM IS BACK IN A BIG WAY – AND IT’S NOT ALL ABOUT THE JEANS. GRAB SOME DUNGAREES OR CULOTTES, ADD A SEQUIN OR A STRIPE, AND LET RIP IN MIX-AND-MATCH LAYERS. TOO MUCH IS NEVER ENOUGH

Photographs JONTY DAVIES Styling NICOLA ROSE



With Seventies styling high on this season's radar, now's the time to try dungarees. Choose a flattering, nipped-in fit, keep things pretty underneath and finish with a practical heel

Denim dungarees, £630, Sonia Rykiel. **Gauze top**, £430, Prada. **Leather and wood sandals**, £345, Joseph



Boyfriend jeans get a low-key-luxe upgrade with high-shine sequins and artful fringing. Tucking in a patchwork-style shirt looks chic yet understated – it's double denim, the Parisian way

Cotton shirt, £220, Current/Elliot. **Sequin and lamé jeans**, £1,176, Ashish. **18ct gold and labradorite necklace** (worn throughout), £2,610, Carolina Bucci. **Leather bag**, £1,950, Louis Vuitton. **Leather sandals**, £705, Chloé



Denim can be sexy; you just have to know how to wear it. Partner a cropped bomber with a low-cut T-shirt – or, if you're feeling brave, a crop top. Chunky sandals and beachy hair add instant sunshine vibes

Denim jacket, £700; denim trousers, £450; leather bag, £3,290, all Fendi. Cotton top, £295, Margaret Howell. Leather sandals, £530, Marni



Done right, double denim feels strong and sporty. In matching indigo blue, Stella McCartney's jacket-and-culotte combo is just tailored enough to keep you looking sharp

Denim jacket, £595; denim culottes, £415, both Stella McCartney. Steel and leather watch, £2,050; leather bag, £5,860, both Hermès. Cotton and leather sandals, £530, Marni



If you're most comfortable in classic dark denim, you can still mix things up with a hint of colour or texture. Emporio Armani's silver-splashed pair are fun but feel sophisticated, too

Cotton gabardine coat, £600, Carven.
Leather top, £1,560;
denim jeans, £250,
both Emporio Armani.
Leather sandals,
£705, Chloé



Master of the two-piece, Chanel is all about the detail, and this relaxed pairing is no exception. In suits—all palest grey, it's a sure-fire spring winner – perfect for a busy day shopping in the sun

Georgette crepe dress, price on request; **georgette crepe trousers**, £740; **cotton and metal cross-body bag**, £1,740; **large cotton and metal bag**, £1,500, all Chanel. **Sandals**, as before



An A-line denim dress is a holiday essential. Gucci's quirky lace-up version works both day and night – dress it up with tan heels, or down with summer's must-have Roman sandals

Denim dress, £1,320; leather shoes, £575, both Gucci

Model Jacquetta Wheeler at Storm. Hair Ben Cooke at Frank Agency for Lockonego Salon, using Herbal Essences. Make-up Terry Barber at David Artists, using MAC. Nails Lucy Tucker at One Represents, using Chanel Spring 2015 and Chanel Body Excellence Hand Cream. Stylist's assistant Chloe Forde. Thanks to Big Sky Studios

Model Jacquetta Wheeler is a seasoned traveller and photographer specialising in mother and newborn portraits (jacquettawheeler.com). Her first exhibition last year documented the Omo tribespeople in Southern Ethiopia, with proceeds going to the African Ceremonies Foundation (africanceremonies.com)

*"My skin feels nourished,
smooth and more alive!"*

Rozy

*"Skin looks more radiant,
thank you Clarins"*

Twickers

*"My must-have!
I couldn't be without it"*

Julie

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*Source: The NPD Group. 2014 UK Prestige Skincare Value sales.

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No.1

Anti-Ageing
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UK*



CLARINS

Beauty

Edited by ANNABEL MEGGESON



SPRING'S IN BLOOM

It's dominated fashion and interiors; now the trend for edgy florals is blossoming in the beauty world, too. Soft-hued pinks and peaches come with a punch, and eye palettes take garden inspiration with green and earthy tones. Special mention to Givenchy's peony and rose fragrance, topped with a standout floral bow. 

The prettiest new
make-up palettes are
at REDONLINE.CO.UK

CLOCKWISE, FROM TOP RIGHT: **Guerlain** Météorites Compact in Pure Light, £40. **Dior** Kingdom of Colours Eye Palette in House of Greens, £43. **Autograph at Marks & Spencer** Pure Luxe Multi-Blusher in Soft Coral, £12.50. **Estée Lauder** Pure Color Nail Lacquer in Blossom Bright, £14.50. **Givenchy** Limited Edition Very Irrésistible EDT, £66.50 for 75ml. **Chantecaille** Hydra Chic Lipstick in Arctic Rose, £30

CHILD OF THE SEVENTIES

The feel-good decade is back and nobody is happier than *Red*'s Annabel Meggeson. Sun-kissed glamour and free-spirited sexiness – bring it on

Photographs DAVID GUBERT
Styling ALEXANDRA STEDMAN

It's a truth *somewhat* acknowledged that we're drawn to the decade in which we were born. With Jane Birkin and my mum circa 1979 as my principal (or only) style icons, plus an unwavering devotion to *The Muppets*, jazz pianist Roy Budd and mustard yellow, that's definitely the case for me.

My natural territory is a printed dress with plimsolls, a jumpsuit, a furry coat or high-waisted jeans. Make-up-wise I've always preferred a laid-back vibe: sun-kissed skin, centre-parted hair, plus a smoky eye or slick of lipstick, if the mood takes.

Obviously, I'm not talking about the super-glam, lacquered-lips-and-three-shades-of-eyeshadow 1970s. Honeymoon pictures show my mum leaning against my dad's Fiat Coupé, wearing denim dungarees and huge brown sunglasses, her skin lightly bronzed and her hair long. *That's* the 1970s spirit I love.

When it emerged as a catwalk trend this season, I breathed a sigh of relief: at last, a return to something warm, inviting and groovy. Because that's what the decade's all about: it's effortless, flattering and easy, with just enough glamour to give it an edge – plus, it looks good on everyone.

So, once you've bought that cute paisley dress from Zara, get excited about the make-up, too. Because, trust me, it's going to look gorgeous.

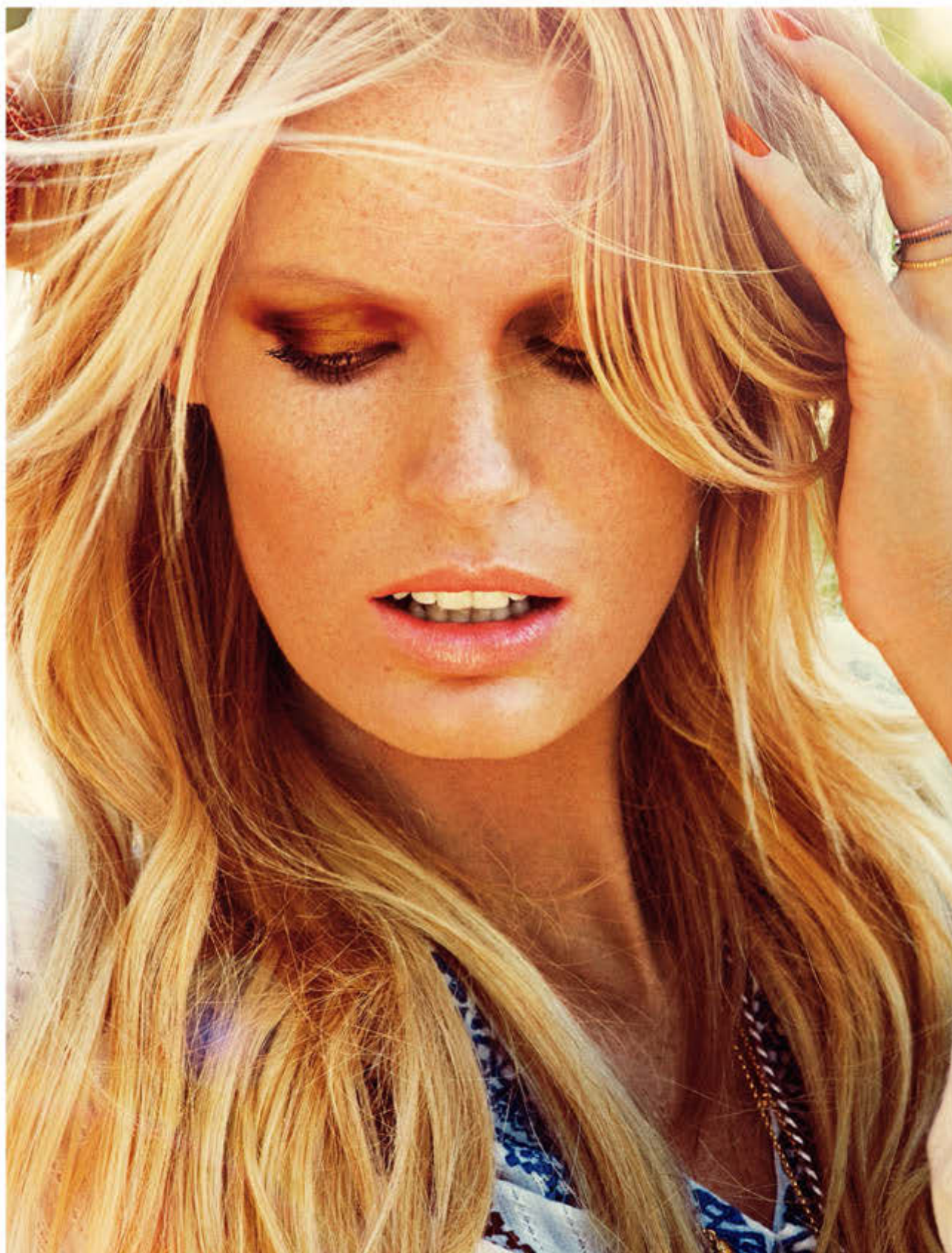
BRONZED SKIN

If you have olive-y skin – or, like our model Caroline Winberg, are pale and/or freckly, but can take a tan – this season is your chance to pile on the bronzer and call it a look. 'The 1970s summer tan has that wind-blown, sand-blasted, bohemian vibe,' says Frederic Letaille, a head make-up artist at YSL, a brand synonymous with the 1970s. 'Use a non-shimmer bronzer and don't be afraid to build it up, especially on the cheeks, forehead and nose. Use what's left on the brush to lightly bronze the rest of the face so you get an evenly sun-kissed look. Finish with a pinky-peach blush on cheeks.' If you're pale, think Jane Birkin, whose 1970s complexion was glowing, rather than tanned, and team a very light bronze with peach blush to create warmth and glow. »

BEAUTY







SOFTLY SMOKING EYES

You couldn't move for the colour brown in the 1970s and the earthy shade speaks brilliantly of a laid-back but chic vibe – even when it's used on eyes. 'Soft, matt powders in shades of chocolate or rust look especially era-appropriate, but nude-y browns work, too,' says Letaillieur. 'The point is, it should feel relaxed. Use a soft brush to blend eyeshadow over your whole lower lid, then gently buff the colour a little beyond for that coolly imperfect 1970s feel.' »

Previous page: Top, M Missoni. Jeans, M H Jeans. Necklaces, Astley Clarke. Bracelets, Carolina Bucci. Opposite: Shirt, necklace, both Day Birger et Mikkelsen. Bikini briefs, Triumph. Hat, Heidi Klein. This page: Top, Talitha at Net-A-Porter. Necklaces, Astley Clarke. Rings, Carolina Bucci

SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I wasn't always a redhead.
You'd never know it though, because
it's Nice'n Easy. Natural looking colour
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CLAIROL

*Based on IRI Retail hair colour volume and value sales, July to date ©2015 P&G

Christina Hendricks is wearing Nice'n Easy 6R Natural Light Auburn

clairol.co.uk

ORANGE LIPS

As a standout shade of S/S 15, and a 1970s perennial, orange is relaxed but interesting, though it's not the easiest colour to wear. 'True orange looks cool, but it can be a little insipid, so make sure skin is warmed up first and brush a little primer on to lips to keep the colour defined as you build it up,' says Letailleur. 'Otherwise, an orange-red is a great alternative. It has the right vibe, but is easier to wear.' »



*Shampoo and Conditioner vs. flat, limp hair

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3 WAYS TO GET SEVENTIES HAIR

Whether it's hippie braids or Woodstock waves, 1970s-style hair is relaxed, pretty and easy to wear. Top hairstylist Adam Reed, L'Oréal Professionnel's editorial ambassador, tells us how...

- 1** 'Soft, shiny hair with volume is a must for any 1970s do. Use a volumising shampoo, plus a volumising spray at the roots and oil on the ends before you dry.'
- 2** 'In the 1970s, girls used to do five plaits and sleep in them to get waves. It's still a great way to get texture into straight hair, but mist with a volumising spray and iron down the lengths prior to braiding. It'll add shine and longevity to the style.'
- 3** 'To get hippie-chic hair that's not too undone, wash with a volumising shampoo, dry it off, then mist all over with hairspray. Use tongs to create random waves from the eye level down.' >>



YOUR SEVENTIES HAIR KIT

- 1** L'Oréal Professionnel Tecni Art Volume Architect, £13.49
2 L'Oréal Professionnel Infinium Hairspray, £11.48 **3** GHD Curve Soft Curl Tong, £110 **4 & 5** L'Oréal Professionnel Série Expert Volumetry Anti-Gravity Effect Volume Shampoo and Conditioner, £8.50 each **6** Percy & Reed Totally Intensive Treatment Oil+, £24 **7** Acetate barrette, £15, J Crew

Shirt, necklace, both as before. Bracelets, Hermès. Sandals, Ancient Greek Sandals. Art direction Nicola Rose. Model Caroline Winberg at IMG Models. Hair Christos Kallianiotis at One Represents using L'Oréal Professionnel. Make-up Ashley Ward at One Represents, using YSL Beauté. Stylists assistants Koulla Sergi and Chloe Forde

For a retro statement orange lip, try **YSL Vernis à Lèvres** in Orange de Chine (£25).



Try burnt orange or yellow for a chic 1970s nod on nails: we like **YSL La Laque Couture** in Ambre Gingembre (£18.50; above) or **Butter London** Nail Lacquer in Cheers (£12; below).

YSL's warm, sensual Saharienne (EDT, £59 for 75ml) evokes heat, desert and dusky, sun-dazed skin. It's the decade in a bottle.



For pale skin, **Kiko Masterpiece Bronzer** (£14.90) brings warmth, rather than 'tan'.



A definitive 1970s look for lips: **YSL Rouge Pur Couture** in Rose Crazy (£25).



GET THE LOOK

It's the 1970s, but modern, with some of the warmest, grooviest make-up of the season

When it comes to lashes, think elegant and inky black, with two sweeps of **Maybelline Lash Sensational Mascara** (£7.99).



Zooeva Cheek Brush (£55 for an eight-piece set) is great for building up colour.



Soap & Glory Pillow Plump XXL in Nude In Town (£10) creates the perfect glossy, 'undone' lip.



YSL Touche Eclat Blur Primer (£29.50) keeps complexions dusky and matt, while adding a subtle glow.



Kevyn Aucoin Celestial Bronzing Veil in Tropical Nights (£38) is a classic bronzer that's easy to build



Great colours and textures make **YSL's** Couture Variation Eye Palette in No 1 Nu (£49) especially good for this look.



INFLUENTIAL SEVENTIES WOMEN WE LOVE

It's 1971, but this snap of softly tousled Charlotte Rampling could have been from 2015



Easy, effortless and elegant... we're craving Jane Birkin's 1970s vibe



Singer, author and natural hair ambassador Marsha Hunt embodied the free-spirited Seventies



Find more 1970s beauty essentials at REDONLINE.CO.UK

Additional photographs: Rex Features, Getty Images, Magnum Photos, Pixeleyes. For stockist details, see the Directory



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FRAGRANCE

GAME, SCENT & MATCH

Light but spicy? Intensely floral? Find the fragrance you're most craving with our at-a-glance guide to spring's best perfumes

SHEER

Annick Goutal Eau du Ciel EDT (£84 for 100ml)
Hazy notes of musk, hay and woods promise happiness and warmth.



Diptyque Eau Plurielle cologne (£55 for 200ml)
Dew-sprinkled rose petals + tender green ivy = the most beautiful splash of the season.



Jo Malone Rock The Ages Birch & Black Pepper cologne (£42 for 30ml)
This spirited fragrance is perfect if you're fed up with florals, but don't want to go too intense.



Shay & Blue Watermelons EDP (£55 for 100ml)
Crushed leaves and melon may not sound sophisticated, but vetiver provides an elegant twist.



Balenciaga Paris B. Balenciaga EDP (£67 for 50ml)
Fans of fresh fragrances will love the sparkling lily of the valley and green notes.



Armani Privé Pivoine Suzhou EDT (£105 for 100ml)
Mandarin, Chinese peony and rose in elegant balance make this the grown-up way to wear a fruity floral.



SPICY

Terry de Gunzburg Terryfic Oud EDP (£135 for 100ml)
If you've never tried the spiciness of oud, this resinous, amber-rich blend is a smooth, sexy way to start.



Serge Lutens La Religieuse EDP (£88 for 50ml)
An unusual oriental packed with incense and musks, this feels edgy not overbearing.



By Kilian Smoke For The Soul EDP (£175 for 50ml)
Is it the tobacco or cannabis notes that make this smoky aromatic so addictive? We're not sure.



Cartier La Panthère Légère EDP (£67 for 50ml)
If your favourite musk suddenly feels too heavy, swap it for this luminous, white flower-infused version, instead.



Chloé Love Story (EDP, £65 for 50ml)
Unashamedly pretty and youthful – think armfuls of spring blossoms and heady jasmine.



FLORAL

Chanel Misia EDT (£115 for 75ml)
A riot of rose, iris and purple violet evokes the hedonistic 1920s and is a fast route to feeling very feminine indeed.



INTENSE

Our beauty director's favourite springtime perfumes at REDONLINE.CO.UK



*Consumer test: 117 women.

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Skin looks rested: 80% agree*

Skin looks smoother: 82% agree*

- **USED EVERY NIGHT**

Skin looks radiant: 81% agree*

Skin looks less tired: 80% agree*

Skin feels firmer: 72% agree*



GARNIER





Foundation

MASTERCLASS

FOR PHOBES

Is it possible to have flawless coverage without caked-on side effects? Good news, says Rosie Green, the beauty industry might finally have cracked it

Foundation? Eughh. For me it's like bubble perms and reversible jumpers – best left to the Eighties. Wrinkle-emphasising, skin-suffocating, faux-looking... need I go on? Added to which I've always felt an unctuous layer of chalky gunk non-verbally communicates: a) you've spent too long looking in the mirror and b) you've got something to hide. And that is surely a big turn-off. Which is why, I think, my husband never notices three inches gone from my hair, but will always zone in on a heavier than normal base.

Two thousand years ago the Latin poet Ovid was similarly unnerved and wrote of his 'disgust' at 'thick paint' on women's faces, preferring that their 'artifice should go unsuspected'. Hmmm.

While I am not a supplicant man-pleaser (I wear purposely droopy-bottomed tapered trousers

for Christ's sakes), neither do I want to actively repulse them.

When it comes to skin, dewy and bare has been in since the late 1990s. In those days, I used to sit backstage at the shows while make-up artist greats like Mary Greenwell and Linda Cantello eschewed base in favour

'I know I need more help, but the TRUTH is, I just don't want to be a "FOUNDATION WEARER"'

of moisturisation and strategically placed concealer. Which felt fresh and revolutionary and instantly made the overblown, over-made-up supermodels look like yesterday's cover girls.

Fast-forward 20 years and the look is still bare. Proof? There was zilch, zero, not a blob of make-up at the

Marc Jacobs S/S 15 show. This now causes me consternation rather than delight. I'm not 22 any more and have the accompanying redness, dryness and pigmentation to show for it. I also have to live a real life, starting with the school run, then encompassing meetings, shoots, launches, business dinners and 56 minutes on a train that resembles a sheep pen. Very much not just sauntering down a catwalk for 10 minutes.

But the legacy of Greenwell and co means for over a decade I have rubbed an extremely sheer-tinted moisturiser over my face in the morning, admired my dewy visage, then tried to avoid looking at myself in a mirror again till bedtime. Post about 11am, I am not exactly a hot mess, but considerably redder, blotchier, duller than I would like.

So I know I need more help, but the truth is, I just don't want to be a 'foundation wearer'. I really »

Christy Turlington Burns
Model, Mother, Maternal Health Advocate

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Beautiful skin begins within

want to believe I can look flawless unaided. I know, warped.

Top make-up artist Caroline Barnes, who regularly works with such natural beauties as Yasmin Le Bon and Pixie Lott, knows the feeling. A fellow phobe, she says, 'I've never been someone to wear foundation. I thought it was too obvious, slightly ageing.' Barnes would leave home 'looking good, but after a couple of hours in the studio working on a supermodel, I'd catch myself in the mirror looking blotchy again'. Her answer? 'More coverage.'

Which is what some of you less impressionable types have known all along. In their latest consumer research, Clinique's UK customers – despite endless CC and tinted moisturiser launches – were vociferous in their demands for a long-lasting base that makes skin look good all day. They wanted breathable and non-drying, sure, but also polished, flawless and long-lasting. A combination beauty companies aspire to, but don't often achieve.

Well, breaking news, foundation might just, for the first time, be meeting its objectives. According to make-up artist Ruby Hammer, it has 'had a rebirth, a reboot, undergone a revolution. Anything you thought about no longer holds. These new wonder products are now finally meeting your needs'. Blimey. Sali Hughes, author of *Pretty Honest: The Straight-Talking Beauty Companion*, says, 'I honestly think pretty much everyone over 25 looks better with foundation. I wish more women would give them a second chance, because

**'Breaking NEWS:
foundation might just,
for the FIRST TIME, be
MEETING its objectives'**

they really can make your skin look better than you ever imagined.'

So what are the technological leaps making full-coverage foundation able to live up to its promises? Scott Miselnicky, Clinique's vice president of product development, says, 'Traditionally, these foundations were formulated with heavy waxes >>

TRIED & TESTED

**RED'S DEWY-SKINNED EDITOR-IN-CHIEF SARAH BAILEY
TRIED A DAY WITH FULLER-COVERAGE FOUNDATION.
HOW DID SHE GET ON?**



Amalie Russell makes up Sarah Bailey

Lord, my relationship with foundation is dysfunctional. I actually love make-up, though hate feeling 'done'. In fact, my last outing as a guinea pig for a feature similar to this left me feeling a bit like that frighteningly pansticked beauty-counter lady from *The Fast Show*: caked. And a bit orange. On returning to the homestead, I recall my husband saying it was a 'strong look'. Hmm.

Consequently, I never wear foundation, which is a look I'm happy with for everyday until I find myself sitting at a fashion show, a formal lunch or a black-tie party, when my bare face feels naked, exposed and just flat-out wrong.

So, here I am in Bobbi Brown's lovely light-filled temple to beautification in Covent Garden, in the hands of make-up maestro Amalie Russell (above, left), who's cool, Canadian and a fine artist in her downtime. I like her already. Being a professional and clearly quite brilliant, Russell uses a whole bunch of products on my exhausted, winter-pale visage that I am unlikely to be attempting again in the comfort of my own bathroom. Any time I get my make-up applied by someone I trust, I tend to go into a wondrous, semi-meditative state, which is, of course, part of the pleasure (just not so great for remembering the finer points of product functionality and ingredients. Sorry!).

Let us skip, then, to the resulting face that greets me in the mirror when I open my eyes again. Honestly, it's what I've dreamed of. It's me... just a bit better and prettier, with less noticeable eye bags and blotches.

The wonder product in Russell's armoury is the Bobbi Brown Intensive Skin Serum foundation, which basically delivers skincare treatment throughout one's day along with colour and coverage. As someone whose inner northern puritan can sometimes take over with thoughts like, 'Isn't it healthier for skin just to breathe and not be covered in gunk?', this is compelling.

She also uses a glorious Hydrating Gel Cream (aromas of tropical mandarin – yum), which my esteemed colleague Annabel recommends patting on the skin throughout the day to maintain that 'real skin' feel and combat the dreaded cakiness. And concealer is basically non-negotiable. Happily, my new face feels light and flexible, rather than that stiff 'masked' sensation I dread.

Back in the office, three people tell me I look great and are prompted to outpour their own dysfunctional foundation fears. Us Brits, eh? And actually, it's spirit-lifting to know that at a 5pm meeting I look a little bit polished and together; it gives me the same kind of bounce I get from a lovely, swishy professional blow-dry, which feels like success. Sold.'



The finished look: fresh and natural

that would sink into wrinkles and look dry. Now, we use lightweight polymers, which give flexibility and elasticity. And we can also coat each individual pigment with various chemicals that allow the colour to be true, water-resistant and long-wearing while still remaining lightweight.'

Victor Casale of the brilliant Cover FX cites the replacement in modern foundations of traditional talcs (made from magnesium and silicates) with ultra-fine minerals that are transparent when rubbed into the skin, as being revolutionary. 'You no longer get that chalky, matt finish, but something that melts into skin.'

Inspired, I unpack my new Simplehuman Sensor Mirror (which brilliantly recreates natural sunlight and means I will not risk dreaded tidemarks) and, with some trepidation, I dab on Clinique's new Beyond Perfecting formula. It's much thicker than I'm used to, but I use a Beautyblender sponge to sheer out the product and the result is very far from caked. I look considerably more even of skin, less red and pore-y than I did with my usual tint. Yes, there is a (tiny) payoff for the higher coverage in that my skin looks more satin and a fraction less dewy, but post train journey, long meeting, dinner and, ahem, three cocktails, it's still there, an invisible worker making me look (almost) flawless. And my husband? He says precisely nothing. Which, for once, is exactly what I wanted. 

COULD YOU PULL OFF FULL COVERAGE?

'I swapped **LAYERS** of BB and powder for one long-lasting foundation – and it **WORKED**'

JENNY DAVIES, *Red* reader

'I never dreamt full-coverage foundation could actually look **FRESH...**'

ANNABEL MEGGESON, *Red's* beauty director

Still scared of full-coverage foundation? Beauty director Annabel Meggeson shows you how at REDONLINE.CO.UK



Elizabeth Arden Flawless Finish Perfectly Satin 24 HR Makeup SPF15, £29: Satiny and smooth, this is ideal for foundation novices.



Bobbi Brown Intensive Skin Serum Foundation SPF 40, £39: Build up with a brush for thorough coverage that still looks fresh.



Kiko Unlimited Foundation, £14.90: A great, everyday foundation that can be mixed, blended and built up at will.



Nars All Day Luminous Weightless Foundation, £33: Requires well-hydrated skin, but great for covering blemishes and keeping oiliness at bay.



Clinique Beyond Perfecting Foundation + Concealer, £25: 'Full' enough to be used as a concealer, but sheers out well.

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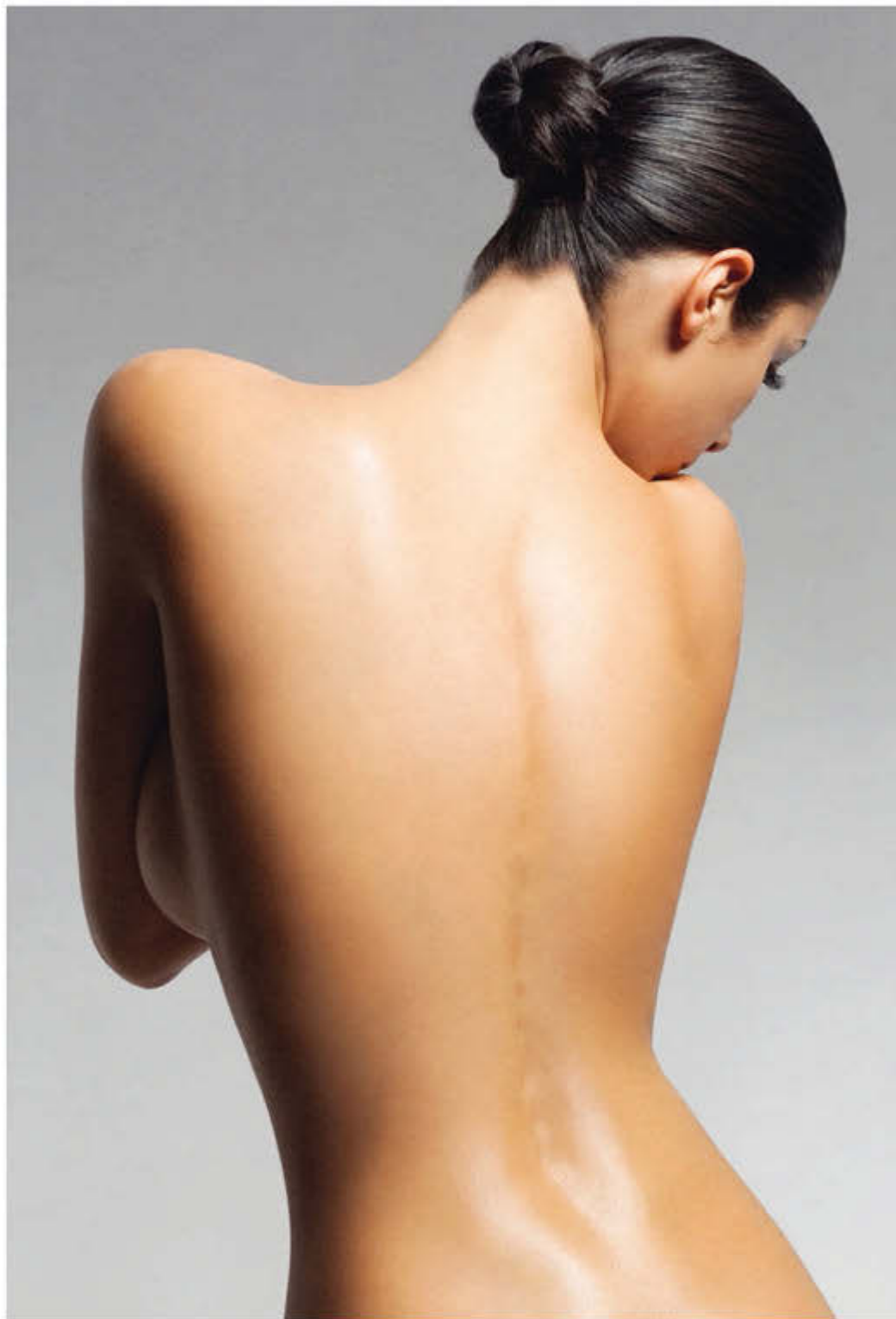
Get your body spring-ready with help from the new Vaseline Intensive Care range

After months of desperately cold climes, harsh winds and blustery rain, it's no wonder our skin feels in a desperate state come spring. But thanks to a brand new range from Vaseline, healthier, happier skin is just weeks away.

Known for being one of the first ever skin saviours, Vaseline Petroleum Jelly has been healing

'One of the original skin healers, Petroleum Jelly gets absorbed straight into the skin and works to create a strong barrier, helping to seal in moisture'

dry skin for 140 years. And this time, Vaseline has added that very same Petroleum Jelly to its must-have skin products to create the new Vaseline Intensive Care range, made up of four essential body lotions. Combining micro-droplets with moisturisers, these products are perfect for looking after tired and dehydrated skin. One of the original skin healers, Petroleum Jelly gets absorbed straight into the skin and works to create a strong barrier, helping to seal in moisture, so the skin can feel at its natural best. The result? Strong, healthy looking and incredibly supple skin. What more could you ask for?



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*Based on a four-week treatment clinical study

NEW TRICKS

HAVE A HAIR *intervention*

Stuck in a style rut? Us too. But, inspired by Sienna Miller's shorter do, we're determined to beat our hair hang-ups and try something new

Words KIMPARKER

1 *Hang-up:* LETTING GO OF LONG HAIR

'My crowning glory', 'a security blanket', 'so feminine'... these are just some of the reasons *Red* staffers and readers alike have been holding on to their long hair. But be bold! 'A style around the top of your shoulders suits everyone,' says hairdresser Luke Hersheson. 'Cutting it blunt helps hair look thick and is more modern than layers.' Your mantra as you book: 'It will always grow back.'



Sienna Miller's choppy bob feels instantly fresh



Laura Bailey's low pony is perfect for in-between days

3 *Hang-up:* CRAVING WASHED HAIR EVERY DAY

'Much as I love shampooing, I've realised how much it dries my hair,' says *Red*'s beauty director Annabel Meggeson. 'But you don't have to have squeaky-clean hair for it to look fresh. A low ponytail disguises second-day grease and the simple style means you can take more make-up.' Otherwise, do a shampoo amnesty whenever you can and hit your hair with some extra hydration. A leave-in oil or conditioner is your new best friend.

Hang-up: THINKING LIFE WILL STOP AFTER STRAIGHTENERS



Thandie Newton embraces her natural curls

So many of us are reliant on straighteners to feel like hair is 'done'. But they can be damaging when overused. A different styling technique can break the cycle, says Hersheson, who urges us to embrace undone waves. 'He suggests applying a lightweight oil, like Kérastase Elixir Ultime (£28.40), to just-damp hair, then blow-dry, twisting sections of hair and blasting them as you go. ■

Try a 'gringe', à la Alexa Chung, or Amy Adams' glossy volume (below)

Hang-up: PUTTING OFF THAT FRINGE

Blunt fringes may be hard to pull off but we can all work one of the new 'gringes' (grown-out fringes, as seen on Alexa Chung, above). 'I'm leaving at least four inches of length from the hairline, then chopping into the middle, so you can peep through,' says Hersheson. 'It's edgy and playful – and because of the length, you can clip the fringe back on days you're feeling less enamoured.'

4 *Hang-up:* A FEAR OF HAIRSPRAY

Far from being crunchy and outdated, a can of hairspray can be the only texturiser/refreshers/finisher you need. 'Used right, it gives you this luxe feeling and adds volume,' says Hersheson. 'The key is layering super-fine mists, like Elnett Satin by L'Oréal Paris (£6.60) or Leonor Greyl's Light Styling Spray (£13.71), which add oomph without weighing hair down. Shake your (dry) hair upside down, then lightly spritz it, with the bottle held six inches away from hair, so it doesn't over-deposit. Flip your head back up, give hair a quick ruffle and spray again.'

See our favourite celebrity hair transformations at REDONLINE.CO.UK/BEAUTY

MEMOIR

TALL
BIRD

Red's beauty director
Annabel Meggeson
explains why, without
her height, she'd be
half the person
she is today

I've recently come across a lot of tall young women who don't like being tall. They'd rather be small, like those mini popstrels and teeny-tiny actresses, posing all over Twitter and Instagram. Small, they feel, is feminine. This makes me rather sad, as I can't recall an age when I didn't consider my height to be a huge advantage. At school, I prided myself on being one of the tallest girls in my year and eventually became *the* tallest, growing slowly and steadily till I was 18 years old and 1m 85cm – or 'six foot and a bit!', as I still like to call it. I'm aware this confidence around my height is at odds with the many 'awkward beanpole' stories out there, and I'm not exactly sure where that confidence came from – my parents and grandparents, probably, all of whom are/were notably tall – but it was only to be reinforced...

At 20, I went to live in Italy and immediately came across the expression, 'Altezza, mezza bellezza', which more or less means that if you're tall, you're halfway to being beautiful.

I have to say, I've always felt my height gives me an edge. Like great hair or fantastic legs, it's definitive – a look before I've even tried. In Italy, as elsewhere, my height has always been fêted. I know some tall people feel affronted when people remark on their height, reckoning it's as rude as commenting on weight or a big nose, but for me the millions of 'Ooo, you're so tall' remarks I've received are not meant as: 'You're tall, how awful.' They have always and only meant: 'You're lovely and tall.' After all, unless they hate someone (or are having an enormous row), people don't comment on physical attributes perceived as negative, do they?

Occasionally, I've got fed up with the comments on my height, because on the wrong day, in the wrong mood, they can acquire a here-we-go-again status – or perhaps it feels that's all people see. I might answer with a po-faced: 'And you're really short.' But that's mean, because they're doing no more or less than paying me a compliment. Hey, let's look at the evidence: models are tall; it's elegant being

tall; clothes look good when you're tall; you get noticed; you can make an entrance without putting on a show.

Then there are the practical pros: being able to see over heads at a gig; reaching the top shelf; seeming older and more authoritative than you really are. Sure, it's a little awkward sometimes having to bend over to talk to people and I do feel I spend a lot of time at parties looking down, but that's a small price to pay.

The only time being tall is bad is when you put on weight. The cliché is tall people can afford to carry a few extra pounds; the fact is, they can't. It's not as if six foot of frame includes a secret trapdoor where the fat goes. Put on weight as a tall bird and, unlike smaller girls, who can still look cute and feminine even when plump, you merely look big.

It's also true, as some fellow tallies bemoan, that many men are put off by women taller than themselves. But they can't help it. It's for the same innate, genes-driven reasons women favour tall men over short. In a wonderful twist of nature, though, height also

'I've always felt my height gives me an EDGE. Like great hair or fantastic legs, it's DEFINITIVE'

attracts members of the opposite sex (short ones, too, believe me – and yes, it *is* all the same lying down, though not, perhaps, walking down the street. I once dated a guy who had to walk on the pavement while I negotiated the gutter, just so we could hear each other). In evolutionary terms, height spells good health, the ability to carry more children (in my case, three at once) and greater ease when giving birth. And some men (the more evolved ones, ahem) just love that.

Aaaah, me and my height. Just writing this piece has made me come over all fuzzy and grateful. Because it hasn't only allowed me to pull off jumpsuits and get the best view, my height has been my most loyal companion. It's carried me proudly and distinctly through life, even when the other stuff ain't going so good. It's been an icebreaker, a confidence-faker and a dealmaker. My height, you could say, has never let me down. 

Read Dolly Alderton's piece on why being tall isn't tall it's cracked up to be at REDONLINE.CO.UK



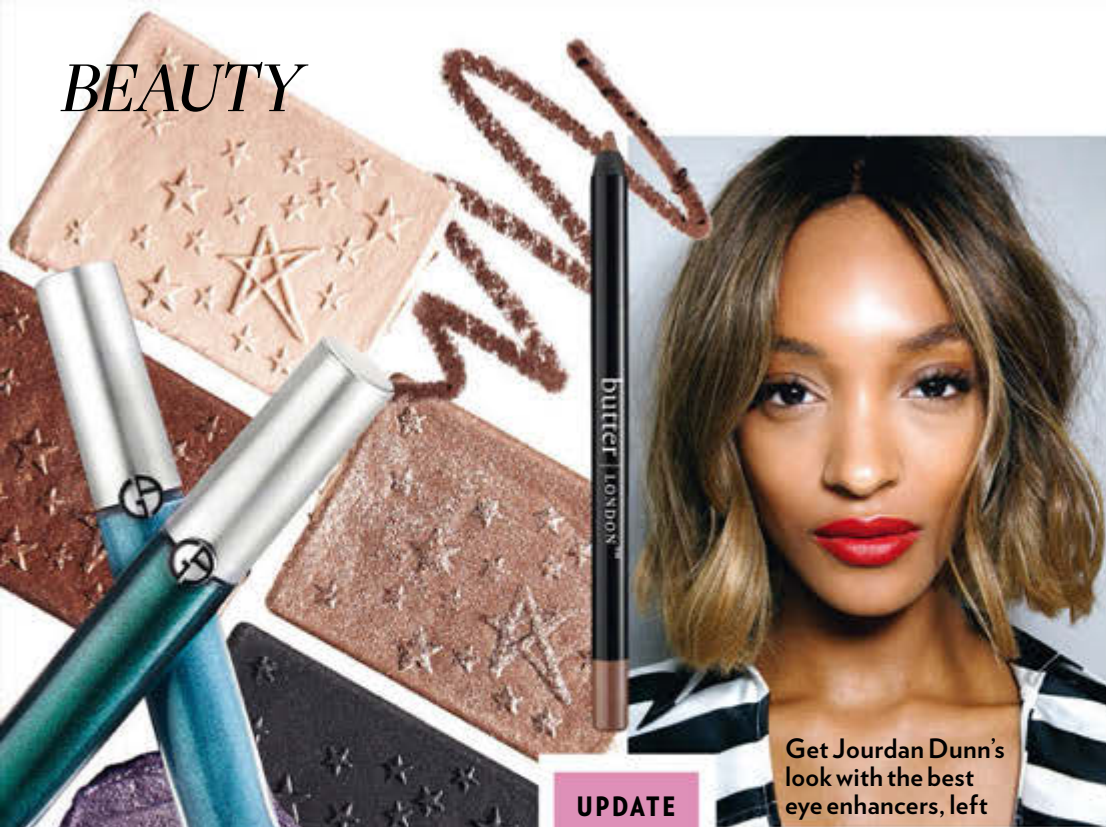
Photograph Jenny Lewis

"Now there's **even more** to life than hair but it's a good place to start."



Aussie **stretches** time.
(Take that, Einstein!)





Get Jourdan Dunn's look with the best eye enhancers, left

UPDATE

3 BEST... EYE ENHANCERS

THE LINER: Butter London Eye Pencil in All Hail The Queen (£14; above, right) is the perfect foil for red lipstick, as it gives definition without looking overdone.

THE SHADOW: Charlotte Tilbury Luxury Palette in Fallen Angel (£45; above) contains four perfectly flattering shades you can mix and match at will.

THE CREAM: Giorgio Armani Eye Tint (£26.50; above, left) promises budge-proof slicks and flicks in 16 great shades.

This month I have been...

HAVING hot baths with cure-all Epsom salts, as prescribed by holistic therapist Annee de Mamiel;

FINDING the only supplement I remember to take is chewable vitamin C; **NOMINATING** Chanel Les Beiges Retractable Kabuki Brush (£35) best for blending

BEAUTY NOTEBOOK

BEAUTY INSIDER

by ANNABEL MEGGESON



Anyone pressed for time should try to get more done while they're asleep. That's the theory behind setting off as many household appliances as you can last thing, soaking beans overnight and now, wrinkle-busting

in bed. Realine Beauty Patches (£28 for 30) are stickers designed to be worn on your forehead to smooth out frown lines while you sleep. I tried them and noticed a difference straight away. After a few nights my skin was smoother, as if the wrinkles had been 'directed' by the sticker, so they didn't appear as easily. I was so taken with the results, I tried them on either side of my mouth, and while you could tell it's not what the manufacturer had in mind, it gave those nasolabial folds a run for their money. Now, I'm dreaming of one giant sticker that will hoick up my whole face and save me from doing something rash, like have a face-lift. Ideally, it would be invisible, too. I once spent ages arranging four Realines, only to get into bed and be told we wouldn't be 'doing it' unless I peeled them off.

At £1 a sticker, it's a pricey mistake to make.



IT'S A CLASSIC CHYPRE AND NOW MISS DIOR (EDT, £55 FOR 50ML; ABOVE, LEFT) IS AVAILABLE IN THIS BEAUTIFULLY CRAFTED AMPHORA* (ABOVE, RIGHT).

ME-TIME

I can't wait to work my way through these masks. If they're anything like the rest of Caudalie's skincare, the results will be divine.

Caudalie Glycolic Peel, Purifying, Moisturizing and Instant Detox Masks, £22 each

How to wear...

THE NEW TOM FORD MASCARA

With its dark, brooding colours, the Tom Ford spring make-up collection is pleasingly subversive – but how to wear green mascara? I layered it over black and found it enhanced the green in my eyes and added extra interest to my lashes. It works for blue and brown eyes, too.

Tom Ford Extreme Mascara in Teal Intent, £34

For more of Annabel's favourite things, go to REDONLINE.CO.UK



NEW FAVOURITE Melvita 3-Honey Nectar Balm (£10) has had a makeover. The salve is more soothing and the packaging more satisfying than ever.

*The Dior Amphora is available exclusively at Harrods, from £320. Photographs: Inaxtree, Pixeleyes. For stockist details, see the Director



"Time," as some clever clogs once said,
"waits for no man."

So we put on our cleverer clogs.

And created more time.

Namely – pause for dramatic effect – new

Aussie Miracle Dry Shampoos.

These babies give you

an **extra chunk of time** in your day.

To put to good, **or wicked,** use.

Without that strange "Ooh, someone's
head needs a good dusting!" look

you can get from dry shampoos.

We were going to mention

that they smell Aussie-fabulous and
contain **Australian Jojoba Seed** extract,

but we didn't have the time.

Except now, thanks to our dry shampoos,

we do (see what we did there?)





The power of soft.



Living

Edited by PIP McCORMAC

CRAFT AN EASTER PIÑATA

You may think Easter is just about chocolate, but that long weekend means time for child-friendly craft projects, too. To make your piñata, tear newspaper into small pieces and soak in a mixture of flour and water. Use to cover an inflated balloon (it's best to do two layers), hanging it up with string overnight. Once dry, cut a small hole around the knot to release the air and remove the balloon, before decorating with strips of crepe paper, slicing the edges to make a fringe and sticking it on using tacky glue. Fill with sweets and decorations and hang just out of reach. An energy-using end to any Easter egg hunt. **2**

All paper, Paperchase and Hobbycraft. **Wood stars**, £5 for a pack of 200; **satin ribbon**, £2.50 for 5m, both Paperchase

For our step-by-step how-to guide, see REDONLINE.CO.UK

SPRING SUPPERS

DIANA'S *kitchen*

Diana Henry's latest recipe book is a global odyssey of every meat lover's secret favourite ingredient – chicken. From Persian-inspired to classic Coronation with a twist, Marina O'Loughlin finds joy in every bite

Recipes DIANA HENRY Photographs LAURA EDWARDS

Diana Henry (opposite)
and her Persian chicken
with pistachios and mint



Before I met Diana Henry, I knew we'd get on. It was obvious that we shared a love of food, but possibly even greater than that (and it's a pretty powerful love) is our love of words. Despite an almost pathological avoidance of actual cooking – that's why God invented restaurants and my husband – I'd read her books as avidly as any novel, mouthwatering and thrilling at her warm and evocative writing.

An invitation to lunch at her home is not to be missed. This time, she's cooking me chicken. Yes, chicken, the subject of her latest book, *A Bird In The Hand*, and everybody's secret favourite. Henry is celebrating the bird because she knows it can suit any occasion: spiced into exotic luxury, or gently coaxed into the ultimate comfort food.

On the menu today is a warm salad of chipotle-griddled chicken, chorizo, quinoa, roast tomatoes and avocado with lime crème fraîche. Henry moves around her huge, light-filled, book-lined kitchen, very much in her natural habitat. Twinkling jars of home-made preserves line the shelves, there's an envy-inducing walk-in larder, and a Scandinavian wood-burning stove.

The room is beautiful, but it's no mere showcase – it's a place of work. 'My kitchen is the centre of my life. Once I had it built, I pretty much started living in here, cooking, writing or reading. Sometimes I think I should just sleep here, too,' says Henry. I boggle at the sheer number of cookbooks, delighted to find a shared love for Ursula Sedgewick's *My Learn To Cook Book*. 'People tell me I have too many, but they're

a record of food and cooking since I started to buy them aged 12. They reflect my life, too,' she explains.

Very much unlike me, Henry is one of those cooks who makes it look easy. Our lunch is predictably glorious: the nuttiness of the toasted quinoa; the spark of the lime and chilli; the chicken imbued with grilled smokiness. Does cooking always give her pleasure? 'Cooking for my kids, Gillies, nine, and Ted, 16, isn't always a joy,' Henry admits. 'It's so hard to please everyone. I have a meltdown every so often: tell them they can cook their own damned meals, confiscate their iPads/laptops/mobiles, then go to bed with Netflix and a bottle of cold Viognier. It feels great and they're a whole lot more appreciative afterwards.'

The last restaurant Henry and I went to together was Skye Gyngell's Spring – luxurious, wonderful, but not exactly her natural habitat. 'I hardly ever eat in very expensive restaurants. I like bistros when I'm in France; ethnic places when I'm in London. And home cooking, of course. When I go abroad to do research, the most rewarding thing is getting into a good cook's kitchen.'

Has she always wanted to entertain, to show love for people through food? 'I gave my first dinner party at 16 and filled the room with so many candles my guests asked whether we were going to celebrate mass. I couldn't bear to wait until I was old enough to throw a grown-up dinner party.' We talk on, about how her time reading English at Oxford threatened to trample her love for cooking, as it wasn't seen as 'suitable for a liberated woman'.

I don't want to leave Henry's kitchen. It's so good to eat with a fellow sybarite, but sometimes we both fret that our love of food might border on being an addiction. 'I have worried that cooking is a kind of escape,' she says. 'I cooked my way through a divorce and, after a long illness in my twenties, recuperated by filling notebooks with menus. Cooking anchors me and allows me to explore, gives me pleasure and provides pleasure for others. Am I obsessed? A bit.' She smiles. 'Aren't I lucky?'

PERSIAN CHICKEN WITH PISTACHIOS AND MINT

This recipe uses ingredients I love (and that are common in Moroccan cookery, too), such as saffron and flower water, producing a dish that is scented and unusual to European taste buds. I have also made this with dill instead of mint and that works very well – it's different, but just as good – while cooked broad beans (the skins slipped off) are a lovely addition, too.

SERVES: 4

PREPARATION TIME:
20 minutes

COOKING TIME: 35 minutes

- 900g skinless, boneless chicken thighs
- 1 tbsp olive oil
- 2 onions, finely sliced
- 3/4 tsp turmeric
- 1/2 tsp pepper
- 250ml verjuice (available from souschef.co.uk)
- 250ml chicken stock
- Good pinch of saffron strands
- 1/4- 1/2 tsp rose-water (be careful as you are adding this)
- 250g spinach, washed, coarse stalks removed, leaves torn
- Around 40 mint leaves, torn
- 50g pistachios, roughly chopped, to serve
- Rose petals, to serve (optional)

1 Cut the thighs in half, so you are left with two pieces that are rough rectangles. Heat the oil in a sauté pan and fry the chicken in batches so it takes a good golden colour on both sides. You don't want to cook the chicken through, just colour it. As each batch of chicken is ready, remove it to a dish.

2 When all the chicken is done, add the onions to the pan and fry over a medium-low heat, until they are golden and starting to soften. Add the turmeric and pepper and cook for another minute, then pour in the verjuice and stock. Bring to the boil, then reduce the heat to a very gentle simmer and return the chicken – and any juices that have run out of it – to the pan. >>

3 Season with salt, cover and cook for 25 minutes, removing the lid for the final 10 minutes. Add the saffron, stir it round in the juices to help it dissolve and add the rose-water (you don't want to overdo this and different brands have varying strengths, so add carefully and taste as you do so).

4 Add the spinach gradually, adding each amount when the rest has wilted. Stir in the mint and taste to check for seasoning. Transfer to a plate and scatter over the pistachios and rose petals (if using). Serve with rice. I also like a bowl of yoghurt with some crushed garlic and extra-virgin olive oil stirred into it.

SALAD OF CHICKEN, CHERRIES AND WATERCRESS WITH CREAMY TARRAGON DRESSING

A gloriously elegant salad. You can make this with cold, leftover roast chicken if you prefer – it does mean it's quicker to put together – but it's worth poaching breasts for it, too. Tear the cherries when you pit them, rather than cutting them, as the raw edges look better.

SERVES: 4

PREPARATION TIME:

20 minutes, plus resting time

COOKING TIME: 12 minutes

For the salad:

- 4 skinless, boneless chicken breasts
- 400ml chicken stock
- 500g ripe cherries, pitted
- 200g watercress
- 50g shelled pistachios, very roughly chopped

For the dressing:

- 1 tbsp white wine vinegar
- Smidgen of Dijon mustard
- 8 tbsp extra-virgin olive oil
- 2 tbsp double cream
- 5 tarragon sprigs, leaves only, chopped
- 1 1/2 tsp caster sugar, or to taste

1 Put the chicken into a saucepan in which it can lie in a single layer and cover with the stock. Heat until it just

comes to the boil, then reduce the heat until the stock is gently simmering. Allow the chicken to poach in this until it is cooked through, around 12 minutes. (You can check that the chicken is cooked by piercing it with the tip of a very sharp knife; the juices should run clear, with no trace of pink.) Leave the chicken to cool; it stays nice and moist if it sits in its cooking liquor. (The stock isn't needed for this recipe, but keep it for something else.)

2 To make the dressing, mix the vinegar and mustard in a cup or small

bowl and season. Whisk in the oil, one and a half tablespoons of water and the cream. Add the tarragon and sugar, then mix and taste. You may want to adjust the seasoning or the sweetness. The consistency should be that of single cream. This dressing improves while it sits (the tarragon flavour gets stronger) so cover and leave for 30 minutes or so.

3 Drain the chicken and cut it into neat slices – or tear it, if you prefer – and gently toss with the cherries, watercress, pistachios and dressing. Serve straight away.



POMEGRANATE AND HONEY-GLAZED CHICKEN SKEWERS

These look very pretty and make good picnic food, too. I usually make a little fresh marinade and brush the chicken skewers with it before packing them – it helps keep them moist. Don't forget, wooden skewers need to be soaked in water in advance for around 30 minutes to stop them burning on the griddle.

SERVES: 4

PREPARATION TIME: 15 minutes, plus marinating time

COOKING TIME: 10 minutes

For the marinade:

- 2 1/2 tbsp pomegranate molasses
- 150ml olive oil, plus a little extra to fry (optional)
- 1 1/2 tbsp runny honey
- 2 garlic cloves, crushed
- 3 tsp cayenne pepper
- 1/2 tsp ground coriander
- 1 tbsp ground cumin

For the chicken:

- 8 skinless, boneless chicken thighs
- 1/2 red onion, cut wafer-thin (use a mandolin if you have one)
- Bunch of coriander
- 15g roughly chopped pistachios
- 3 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- Pomegranate seeds, to serve

1 Mix everything for the marinade together in a shallow dish. Cut the chicken into 2cm-square chunks, add to the dish and turn to coat in the marinade. Cover with clingfilm and refrigerate overnight. Bring to room temperature before cooking.

2 Thread the chicken pieces on to skewers and season. Heat a griddle pan and cook the skewers over a medium heat, turning them to cook on all sides. If you don't have a griddle pan, heat a little oil in a large frying pan and cook them in that. Either way, it takes around 10 minutes. Be careful not to burn the outside of the chicken before the inside is cooked (this is easily done because of the honey in the marinade).

3 In a separate bowl, toss the onion, coriander and pistachios with the oil and lemon juice. Season and place on a big platter. Add the hot skewers and scatter with pomegranate seeds. »





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Crafted with passion by our Lindt Master Chocolatier.



PAPRIKA ROAST CHICKEN WITH CARAWAY POTATOES, QUICK-PICKLED CUCUMBER AND SOURED CREAM

I serve paprika chicken with lots of different accompaniments, but I think this is my favourite combination. You can also try warm potato salad with chopped sweet-sour cucumber tossed into it, waxy potatoes with sautéed smoked bacon (don't serve soured cream if you use bacon, it's just too rich), and Savoy cabbage with dill instead of the cucumber. The chicken itself is very simple. But the extra touches – the thyme and garlic inside the cavity, for example – make all the difference.

SERVES: 6–8

PREPARATION TIME:

30 minutes, plus resting time

COOKING TIME:

1 hour 15 minutes

For the marinade:

- 1 cucumber
- 1/4 tbsp sea salt flakes
- 2 tbsp rice vinegar
- 3 tbsp caster sugar
- 2 tbsp chopped dill

For the chicken:

- 30g unsalted butter, softened
- 1/2 tbsp paprika, plus extra to sprinkle (optional)
- 1/4 tsp cayenne pepper, plus extra to sprinkle (optional)
- Leaves from 4 thyme sprigs, plus 6 whole thyme sprigs
- 1.8kg whole chicken
- 2 garlic bulbs, halved horizontally

For the potatoes:

- 400g baby waxy potatoes
- 10g unsalted butter
- 1 1/2 tsp caraway seeds, lightly crushed
- Soured cream, to serve

1 Cut the ends off the cucumber and slice the rest into slices so fine they should be almost transparent. Layer in a colander with the salt, place a plate on top and set over a bowl so that the juices can run out. Leave for two hours. Rinse the cucumber and carefully pat dry. Mix the cucumber with the rest of the marinade



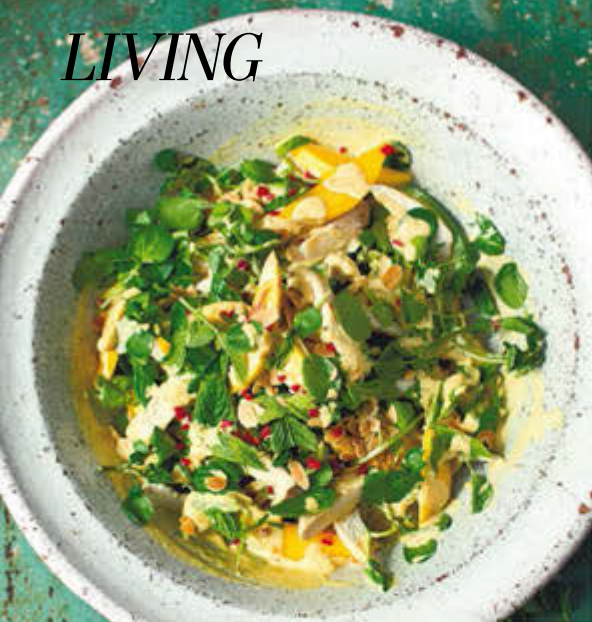
ingredients and keep covered in the fridge until ready to serve.

2 Preheat the oven to 180°C/gas mark 4. Mix the butter with the paprika, cayenne and thyme leaves. I usually pound it in a mortar with a pestle to make sure all the flavours are mingled well. Put the chicken into a roasting tin and spread the butter all over, rubbing it over the legs as well as the breast. Season. Put the whole thyme sprigs and the garlic into the cavity of the bird. Roast in the hot oven for one hour 15 minutes, basting from time to time.

3 The potatoes will take around 20 minutes to cook, so back-time

them to be ready when the chicken is done and has rested for around 15 minutes. Boil the potatoes in water until they are tender right through, then drain and set aside. Melt the butter in the pan in which the potatoes were cooked, add the caraway seeds and cook for around 30 seconds, then return the potatoes and toss with the butter and seeds. Season.

4 Serve the chicken with the roasting juices (they're lovely and garlicky as well as full of paprika), a bowl of soured cream sprinkled with cayenne or paprika, the potatoes and cucumber. »



CORONATION CHICKEN WITH MANGO AND AVOCADO

I wanted to take Coronation chicken to new heights, and this is what I came up with. It makes a lovely spring or summer lunch.

SERVES: 8

PREPARATION TIME:

25 minutes

COOKING TIME: 10-20 minutes

For the salad:

- 2 tbsp olive oil, plus 2 tbsp extra to dress the salad
- 1kg skinless, boneless chicken breasts or mini fillets
- 2 just-ripe mangoes
- 2 ripe avocados
- Juice of 2 limes
- 75g watercress or baby spinach leaves
- 1 red chilli, halved, deseeded and shredded
- 15g toasted flaked almonds

For the dressing:

- 3 tsp curry powder, or to taste
- 1/2 tsp ground ginger
- 350g mayonnaise
- 125g Greek yogurt
- 7 tbsp mango chutney
- A little milk
- Chilli sauce, to taste (optional)
- 7 mint sprigs, leaves only, torn

1 Heat the oil in a large frying pan. Season the chicken and sauté it until golden, then add 50ml of water, cover and let the chicken cook. How long this takes depends on whether you're using breasts or mini fillets – cut one through the middle to check; it should have no trace of pink. Leave



to cool completely. Using a really sharp knife, cut into neat slices and season.

2 Gently mix all the ingredients for the dressing together, except the chilli sauce and mint. It should be the thickness of double cream (though a bit chunky as it has chutney in it). Taste for seasoning, heat and add the chilli sauce (if using). Stir in the mint.

3 Peel the mangoes and cut the 'cheeks' off each side, cutting really close to the stone so you remove the plumpest bit of the mango. Cut them into neat slices, about the thickness of a pound coin. (You can use the rest of the flesh, too, but it's difficult to cut into neat slices. Best remove it and keep it for something else.)

4 Halve the avocados, remove the stones and cut the flesh into slices, then peel. Spoon over some lime juice to keep it from discolouring, and season. Gently toss the salad leaves with the mango, avocado, chilli, remaining lime juice and extra olive oil. Season to taste.

5 Put the salad in a broad, shallow bowl and add the chicken. Drizzle some of the dressing over and scatter the almonds on top. Serve the rest of the dressing in a jug. I really like a bowlful of wild brown rice with this, either warm, or dressed with vinaigrette and left to get to room temperature.

BUTTERMILK CHICKEN WITH CHIPOTLE SLAW (above)

Buttermilk does amazing things to chicken, tenderising and flavouring the flesh right to the bone. You can

cook this in the oven or barbecue. The slaw is from Pitt Cue Co, the London gaff (I'm not sure it can really be called a restaurant as most people leave with food splashed down their fronts).

SERVES: 6-8

PREPARATION TIME:

20 minutes, plus marinating time

COOKING TIME: 40 minutes

For the chicken:

- 500ml buttermilk
- 6 garlic cloves, crushed
- 1/2 tbsp cayenne pepper
- 12 skin-on, bone-in chicken thighs

For the slaw:

- 1/2 white cabbage, cored and shredded
- 1/4 red cabbage, cored and shredded
- 1 garlic clove, grated
- Finely grated zest of 1 lime, plus juice of 2 or more, to taste
- 150g mayonnaise
- 25g canned chipotles in adobo (available from mexgrocer.co.uk), puréed, or 2 tbsp chipotle paste
- 2 big tbsp soured cream
- 1 bunch coriander, leaves only, chopped
- A little extra-virgin olive oil, if needed

1 Mix together the buttermilk, garlic and cayenne with plenty of salt and pepper. Cut slits in the fleshy bits of the chicken thighs without piercing the skin. Put in a dish and pour over the marinade. Cover and refrigerate for 24 hours, turning every so often. Bring to room temperature.

2 Preheat the oven to 190°C/gas mark 5. Gently shake off the excess marinade and put the chicken into a roasting tin. Roast for 40 minutes, or until cooked through. Cover with foil if the surface is getting too dark.

3 To make the slaw, put the cabbage in a bowl with the garlic, lime zest and juice, toss and season. Mix the mayonnaise with the chipotles. Add the soured cream and carefully stir into the cabbage with the coriander. If the mixture is too thick I sometimes add one or two tablespoons of extra-virgin olive oil. Flavour-wise, you might want a little more chipotle or lime juice. Serve the chicken thighs on a platter with the slaw on the side. 

Recipes taken from *A Bird In The*

Hand by Diana Henry (Mitchell Beazley, £20)

More mouthwatering
Diana Henry recipes at
REDONLINE.CO.UK

JODIE'S

MUSHROOM AND SAUSAGE CASSEROLE

INGREDIENTS

(serves 4 people)

- 2 tbsp** vegetable oil
- 500g** chestnut mushrooms, halved or quartered
- 2** medium onions, thickly sliced
- 8** pork sausages, halved
- 6** rashers streaky bacon, chopped
- 2** large carrots, peeled and cut into large chunks
- 2** large potatoes, peeled and cut into large chunks
- 2 tbsp** freshly chopped thyme
- 300ml** vegetable stock

"A tasty family casserole in 30 minutes – perfect!"

1

Fry the mushrooms in 1 tbsp of oil for 5 mins until golden. Season and set aside.

2

Fry the onions, sausages and bacon in 1 tbsp of oil for 6-8 mins. Tuck the vegetables around the sausages, sprinkle over 1 tbsp of thyme and season. Add the stock, cover and cook for 15 mins.

3

Stir in the mushrooms and re-cover. Cook for 10 mins until the sausages are cooked through. Stir and sprinkle with thyme. Serve with green veg.

NOT ONLY are mushrooms a natural source of vitamin B₅ (helping to reduce tiredness and fatigue), they are also low in fat. Just 80g or about four mushrooms make up 1 of your 5 a day. For inspiration on how you can enjoy mushrooms as part of a balanced diet and more simple and healthy family meal ideas, visit www.justaddmushrooms.com



Campaign Financed with Aid from the European Union and British and Irish farmers



more to mushrooms

just add



MUSHROOMS



Sisters Rose (left) and Sophie Gordon, opposite, on their parents' farm, and their Lemon curd cheesecake (see page 244)

SEASONAL RECIPES



ALL TOGETHER NOW

Garden flowers, market veg and more Gordons than can really fit into a country cottage... Lunch with the family behind London institution Gordon's Wine Bar is sprawling, noisy and lots of fun »

Recipes ROSE GORDON and SOPHIE GORDON

Photographs LAURA EDWARDS

Styling SARAH KEADY *Food styling* ALICE HART





Sophie (left) and Rose prepare for a family lunch, Gordons-style

‘There’ll be wine, laughing, arguing, teasing, lots of eating, Disney films, walks in the woods, possibly even a game of Monopoly,’ says Rose Gordon, describing a typical spring lunch at her parents’ home in Sussex. For there are lots of Gordons – four grown-up daughters, one son, four little children, all the partners – and entertaining is in their DNA. The original family business, Gordon’s Wine Bar in London’s Charing Cross, has long been an institution, and Rose and her sister Sophie opened Villiers Coffee Company and All Day Dining Room on the same street last summer, to rave reviews. ‘It’s always a relief when spring rolls around,’ says Sophie. ‘As the days get lighter we start to eat in a lighter way, too – lamb with greenery from the market, the first produce from our grandfather’s vegetable patch.’ It’s what they serve in the restaurant, and the flavour of these recipes for *Red*. ‘We all flock home for Sundays – Mum will be queen of the kitchen but we’ll be in there with her, music on, peeling, stirring, chopping and chatting,’ says Rose. ‘There’s just something lovely about eating as a family,’ adds Sophie, dressing the table with flowers from the garden. And it’s that sense of community, spirit and togetherness through food that is the Gordon way.



DEVILLED WHITE AND BROWN CRAB MEAT ON TOAST

This updated version of the old classic Marie Rose sauce gives a real chilli kick to the soft flavours of the crab. You may want to double the recipe – the toasts are very moreish.

SERVES: 2-4

PREPARATION TIME:

10 minutes

COOKING TIME: 5 minutes

- 6-8 slices sourdough bread
- Butter
- 350g cooked crab meat, a mix of brown and white, separated

For the sauce:

- 2 tbsp mayonnaise

- 1 tbsp tomato ketchup
- Splash of Worcestershire sauce
- 1/2 tsp chilli powder
- 1/2 tsp cayenne pepper
- Good splash of Tabasco sauce
- 1/2 red chilli, deseeded and finely chopped
- Lemon wedges, to serve
- Micro herbs or salad leaves, to serve

1 First, prepare the sauce by mixing all the ingredients together in a medium-sized bowl. Toast the sourdough and butter generously on one side, sharing the brown crab meat between the slices.

2 Using a fork, delicately separate the white crab meat so it fluffs up, and gently mix it into the sauce. Pile the white crab meat up on top of the brown meat and serve with lemon wedges and perhaps a few micro herbs or small green salad leaves.

HERBY RACK OF LAMB WITH CRUSHED JERSEY ROYALS AND SPRING DRESSING (right)

Eating lamb with the family is what heralds spring in our house. Juicy and succulent, this herby crust and salty dressing sets the meat off to perfection. Allow three cutlets per person.

SERVES: 4

PREPARATION TIME:

30 minutes

COOKING TIME: 25 minutes

- 120g panko breadcrumbs
- Zest of 1 lemon
- 1 tbsp wholegrain mustard
- 1 rosemary sprig, leaves only
- 1 garlic clove
- 1.2kg lamb rack
- Glug of olive oil
- 1kg Jersey Royal potatoes
- Butter

For the dressing:

- 1 banana shallot, peeled and sliced
- 2 tbsp red wine vinegar
- 1 red chilli, deseeded
- 1 small garlic clove, peeled
- Large pinch of dried chilli flakes
- Olive oil
- Juice of 1/2 lemon
- 1 tsp capers
- 4-5 salted anchovy fillets



- Small handful of flat-leaf parsley
- 6 mint sprigs, leaves only

1 Preheat the oven to 190°C/gas mark 5. In a blender, combine the breadcrumbs, lemon zest, mustard, rosemary leaves, garlic and some seasoning until they become a fine crumb. Add enough oil to make it stick together. Remove the fat from the rack of lamb (you can ask your butcher to do this for you) and pat the lamb dry using kitchen paper. Then use your hand to rub a little oil all over it – this will help the crust to stick. Firmly pat a thin layer of the crust over the lamb, taking care to press down firmly. Cook in the oven for 12 to 15 minutes, making sure the crust doesn't burn. Remove from the oven and allow to rest for around 10 minutes.

2 Meanwhile, boil the potatoes for around 12 minutes until tender. Drain, keeping them in the saucepan. Add a large knob of butter, a small glug of olive oil and a good pinch of salt and pepper. Use the back of a fork to gently crush the potatoes – just so the skins start breaking, not to the point where they are disintegrating. Leave them on the

heat for around six minutes, stirring occasionally, so they start to get a bit of colour on them.

3 To make the dressing, place the shallot slices in a small bowl and cover with the red wine vinegar for at least five minutes. Blitz them with the rest of the dressing ingredients in a food processor, adding enough olive oil so it's fairly loose and drizzly. Serve in a jar or jug alongside the lamb and potatoes.

BROAD BEAN, PEA AND MINT SALAD WITH WHOLE FETA AND CHILLI (above, right)

This easy salad is zingy, green and wholesome and goes well with the creamy feta – serving them separately stops the cheese from becoming too mushy. Use frozen greens if the veg isn't in season yet.

SERVES: 4-6

PREPARATION TIME:
10 minutes

COOKING TIME: 5 minutes

- 150g shelled broad beans
- 150g garden peas



- 1 tsp Dijon mustard
- Olive oil
- 1 tbsp sherry vinegar
- Pinch of sugar
- 75g radishes
- 2 tbsp mint, leaves only
- 1 tbsp flat-leaf parsley, chopped
- 3 red chillies, 2 deseeded, 1 with seeds (depending on how spicy you like it)
- Juice and zest of 1/2 lemon
- 200g feta (left as one whole piece)

1 Drop the broad beans into a large pot of boiling water for two minutes. Drain and plunge into cold water, then pop them out of their cases and put them into the bowl you're planning on serving them in. Next, put the peas into boiling water and allow to cook for two to three minutes. Drain and add to the broad beans.

2 In a separate bowl, combine the mustard with a large glug of olive oil, the vinegar and the sugar, then pour over the hot peas and broad beans – give them a stir to make sure they are thoroughly coated. Thinly slice the radishes and mix into the salad with the mint leaves and some seasoning.

3 Finely chop the parsley and chilli and put them in a small bowl with a good glug of olive oil and the lemon juice to make a dressing. Drizzle this over the feta with a sprinkling of the lemon zest and serve it alongside the salad, encouraging people to help themselves to both. »

THERE'S BEEF.
THERE'S SCOTTISH BEEF.
THEN THERE'S **SCOTCH BEEF.**



To find out why Scotch Beef is better go to scotchbeefkitchen.com



Rose and Sophie love spending long Sundays at the Gordon family home (below) in Sussex



CARAMELISED CHICORY TART WITH ZESTY SPRING GREENS

This vegetarian tart is sweet and salty – the caramelised topping becomes like a chutney.

SERVES: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

- 170g sugar
- 30g butter
- 1 thyme sprig, leaves only
- 1 large onion, peeled and sliced into rings as thinly as possible
- 400g chicory, cut into rings around 2cm in length

- 300g ready-rolled puff pastry sheet
- Zest and juice of 1 lemon
- Olive oil
- 500g spring greens
- 125g soft and mild blue cheese

1 Preheat the oven to 200°C/ gas mark 6. Place a heavy-based saucepan on a high heat and add the sugar with around 50ml of water, bringing it gently to a simmer. When it starts to caramelise, remove from the heat. Immediately add the butter and stir in. Divide the caramel between four 10cm round ovenproof dishes, and sprinkle with thyme and a small pinch of salt.

2 Divide and scatter the onion among the dishes, then nestle the chicory rings on top – you should

have enough so that they fit tightly next to each other. Cut rounds of the puff pastry, lay over each tart case and tuck the edges in. Cook in the oven for around 20 minutes, until the pastry is golden brown and puffed up.

3 Meanwhile, put the lemon juice and zest in a bowl and add around the same volume again of olive oil with some seasoning. Mix well and set aside. Trim the greens and slice thinly, lengthways. Throw them into boiling water for four minutes, until soft but still with a bit of bite.

4 To serve, upturn the tarts on to individual plates, then immediately tear off chunks of the blue cheese and place on top – it should soften and melt. Share out the greens, with a good coating of the dressing. »



Everyone helps in the kitchen, says Rose, of their Sunday lunches

LEMON CURD CHEESECAKE

This whipped and almost frothy cheesecake is pleasingly light. Bonus: the recipe will give you enough lemon curd for the topping, plus an extra jar for the fridge.

SERVES: 4-6

PREPARATION TIME:

25 minutes, plus chilling time

COOKING TIME: 10 minutes

• 175g digestive biscuits

• 70g butter, melted

For the cheesecake filling:

• 300g cream cheese

• Zest of 1 lemon, plus 1 tbsp lemon juice

• 60g icing sugar

• 1 tsp vanilla extract

• 300ml double cream

For the lemon curd topping:

• 100g butter

• 200g caster sugar

• Zest and strained juice of 4 lemons

• 3 eggs, plus 1 extra yolk

1 Preheat the oven to 180°C/ gas mark 4. Crumble the biscuits by hand and bash them to a fine consistency with the end of a rolling pin. Add the melted butter and mix it in thoroughly. Using a spoon, press the biscuit mix into the bottom of a 20cm sprung cake tin and bake for eight to 10 minutes. Remove and allow to cool.

2 To make the filling, beat together the cream cheese, lemon zest and juice, sugar and vanilla extract. The consistency should change from solid and lumpy to smooth and creamy. In a separate bowl, whip the double cream until it thickens and is forming soft peaks, then fold the cream into the cream cheese.

3 Spread the cream cheese mixture evenly over the biscuit base. From around 20cm up, drop the container several times on to a hard, flat surface to remove any air bubbles. Place in the fridge and allow to set.

4 Meanwhile, make the topping. Melt the butter, sugar and lemon

zest and juice in a pan on a medium heat. Once melted, remove from the heat. In a bowl, whisk together the eggs and extra yolk, then add to the butter mixture. You want the mixture to cool rapidly so use a whisk to stir the eggs in quickly.

5 Put the mixture back on a very low heat. Using a wooden spoon, continuously stir the mixture for around 10 minutes, until it thickens and looks like lemon curd. Remove from the heat and allow to cool a little. If at any point the eggs look like they are scrambling, remove from the heat and rapidly stir. Spread around three quarters of the mixture evenly over the cheesecake, then put in the fridge and allow to set for a minimum of three hours. Put the remaining curd into a sterilised jar and keep in your fridge to have on bread and butter. 

Get the Gordons' recipe for Ricotta and rhubarb tart at REDONLINE.CO.UK

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Carol W, Bolton



"A REAL WINNER"

Connie M, Glasgow



"IT'S HEAVEN ON A SPOON"

Angela W, Stockport



"SO CREAMY IT'S SHEER BLISS"

Nicole S, home Hawaii, heart London





THIS EASTER

ONCE YOU'VE
GOT CARTE D'OR
YOU'VE
GOT DESSERT.



The chicken OR THE EGG?

We've got both covered (and not just in chocolate) in our edit of the best Easter treats

1 Iced biscuit, £10.95 for a personalised set of three, Biscuiteers
2 Red velvet truffle-filled chocolate egg, £15, Prestat
3 Milk chocolate pig, £8.95, Bettys
4 Chocolate-filled beaded keepsake egg, £55, Godiva
5 Salted caramel cake, £14, Marks & Spencer
6 Handmade dragee flowers, £2.30 each, Carluccio's

7 Stoneware egg cup, £15, Anthropologie
8 Vegan champagne truffle-filled keepsake egg, £24.99, Booja-Booja at Ocado
9 Caramel spread, £3.29, Bonne Maman at Ocado
10 Chocolate bunny, £14.95, Paul A Young
11 Handmade milk chocolate egg, £42.50, Bettys
12 Praline quail's eggs, £5 for a box of 12, Waitrose



Find more tried-and-tested Easter treats at REDONLINE.CO.UK

The armchair is a 1960s Egg chair, with original velour upholstery. Try aram.co.uk for similar
OPPOSITE: Wendee with her daughters, Coco (centre) and Margot (far left)



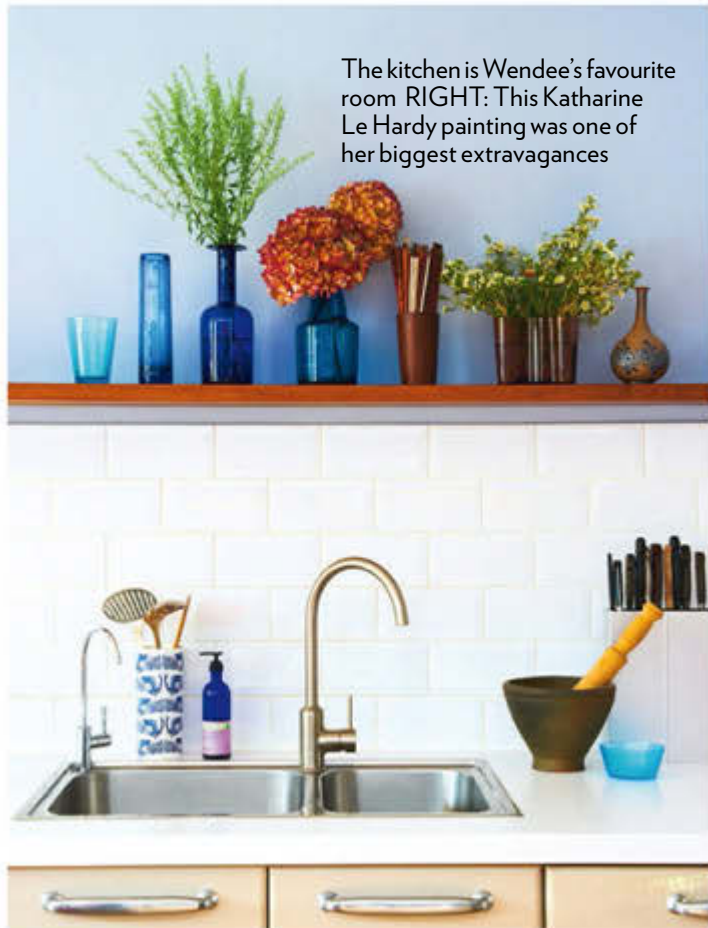


REAL HOME

The bright side

An open-plan space bursting with beautiful blues and vibrant hues makes handbag designer Wendee Ou's home a lesson in joyful, creative decorating »

Words CLAUDIA CANAVAN Photographs INGRID RASMUSSEN Art editor ZOË DOYLE



The kitchen is Wendee's favourite room RIGHT: This Katharine Le Hardy painting was one of her biggest extravagances



THE LOW-DOWN

WHO: The luxury leather handbag designer Wendee Ou, whose work is inspired by the Art Deco period (wendeeou.com), her husband William and their daughters, Coco, five, and Margot, four.

WHERE: Clapham, south London.

WHAT: A five-bedroom, Victorian terraced house, owned since 2011. It's a 'lived-in, cosy, but still contemporary retreat', says Wendee.

RENOVATION BUDGET: £40,000.

'We renovated at the same time as our youngest daughter was born, so we were living in a building site with a toddler and a newborn. The whole project took six long months.'

WHY: 'When we first saw the house, it was the mix of original features that we fell in love with – the traditional fireplaces and the stained glass in the front door. Inside, it's a bright, sunny space, with a fabulous garden outside.'

FIRST THING WENDEE DID: 'We opened up the ground floor before anything else, and took it from a separate front room and kitchen to one big open space. With two small children, we wanted to be able to

see them all the time. We took out the supporting beams, but left the fireplaces – it was important to us to retain the building's integrity.'

GUESTS ALWAYS SAY: 'Everyone is surprised that a terraced house has this large space, which opens on to a garden through glass doors.'

FAVOURITE PART OF THE HOUSE:

'I love the kitchen area – we do lots of entertaining, and it's perfect for parties. And the big blackboard is great – we were just going to get a small one at first, then decided to cover the whole wall. The kids adore it, and it gets adults drawing, too. Not to mention the garden, where we grow tomatoes, beetroot, courgettes, peppers and herbs. We have a mini harvest when late summer comes around.'

BIGGEST EXTRAVAGANCE:

'A Katharine Le Hardy painting of a beach scene. We just had to go for it when we saw her work at Wimbledon Art Studios. She starts with a pink underlay and paints on top, so that subtle shade comes through. The strokes are bold and extravagant, but the piece is still calming.' »



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What you smell

What your
guests smell



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Breathe Happy

'The bed was handmade in Singapore. My husband used to live there, so we got it shipped over,' says Wendee. The bedding, and the rug (right), are Designers Guild



I say go BOLD. Big colours and dark shades all LIFT your space



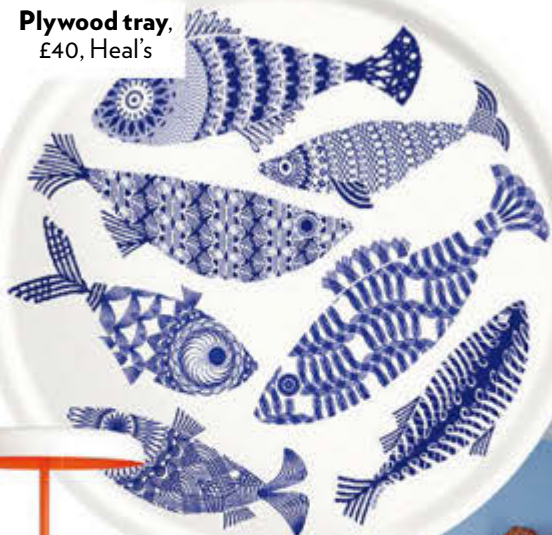
Even the bathroom features hits of colour
FAR LEFT: The print, by Chris Orr MBE RA, was bought on the birth of Wendee's daughter Coco in 2009, the same year it was made

WENDEE'S DESIGN TIPS

Have more fun with it! I think that years of television interiors programmes have encouraged everyone to style their home in neutrals for so long. But I say go bold. Big colours and dark shades, such as royal blues, olive greens and avocado tones, all lift your space. I also think that if you're doing a renovation project, you need to make storyboards of potential shades you'll paint with, and map out where the furniture will go. Make sure you try out big swatches of colour on the walls, and in different parts of the house – pigments can look so different in the morning or evening, depending on the light. Also, if you have children, spaces that are wide and open are a huge bonus. Having their toys everywhere feels less cluttered, and you can always keep a watchful eye while they play. »



Plywood tray,
£40, Heal's



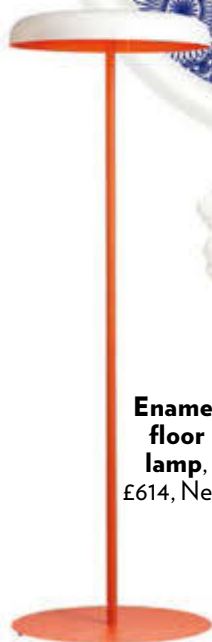
Wire fruit bowl, £15,
Marks & Spencer



Hand-knotted wool rug,
£935 per sq m,
Jonathan Saunders for
The Rug Company



Enamel floor lamp,
£614, Nest



Glass and resin jar,
£17.99, Zara Home



Porcelain pitcher, £87,
Kate Spade
at Amara



Have fun with colour – but test swatches on the walls as shades look different in varying lights, says Wendee

STEAL WENDEE'S STYLE

Porcelain mugs, £6 each, Anthropologie



Cotton cushion, £30,
Hunkydory Home



Velvet and wood swivel chair, £689.99,
Glasswells



Organic cotton and bamboo cushion, £40,
Notonthehighstreet



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Glass, wood and metal cabinet,
£275, Ikea

TRANSFORM YOUR HOME WITH OUR BOTANICAL MASTERCLASS

Join the *Red* Living team and The Joy of Plants for an expert-led event on how to decorate with houseplants this spring

Spring has sprung and, with it, comes the desire to freshen, enliven and, well, prettify our homes. The *Red* team's preferred way of embarking on the new-season habitat revival? Bringing the wild, wonderful and natural inside.

Take single flowering tulips and mix with textured grasses, pot the peeping blooms of delicate lily of the valley and root peppy yuccas in pastel-toned pots – and watch your space come alive with vibrancy.

Sound like something you'd like to make happen in every corner of your home? Then join the *Red* Living team at an expert-led event, in association with The Joy of Plants. The company's master designers will create an open house of key plant trends for 2015, in which rooms will be made up to showcase looks inspired by the themes 'Eco Luxe', 'Unexpected Wild' and 'Happy Life' – all to gorgeous effect.

We'll be workshoping creative and practical skills such as which houseplants to choose, how to arrange them, the art of colour matching and blending, and the details that will make your displays beautifully unique. Fun, creative and inspiring, the sessions will be about taking objects already at your disposal and seeing them through an innovative new prism. The aim? To help you create a wonderful environment that's bespoke to you.

Split into morning and afternoon sessions, you'll leave raring to capture that essence of renewal only greenery, foliage and flowers can bring.



Learn the art of decorating your home with beautiful houseplants



BOOK NOW

WHEN: Saturday April 11th, 10am-6pm

VENUE: 174 Junction Road, London, N19 5QQ

PRICE: Free

TO BOOK: Visit Redonline.co.uk/red-women/red-events

The joy of plants.co.uk

Red PROMOTION

Tea towels,
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of four

Nibble bowls,
£3 each

Jug, £10

**Table
runner, £12**



House of calm

Hit refresh and update your home for less with modern-cool touches from Sainsbury's

As a new season begins, it's the perfect time to take a fresh approach to styling your home. With warmer weather just around the corner, you'll need fast and easy ideas to effortlessly transition your home style into spring.

Enter Sainsbury's. With inspirational ideas and quality products to suit every budget, its Monochrome range (pictured) is all about clean lines and the sharp contrast of tones and textures, in a modern, muted palette of black, white and grey.

Textiles take their lead from striking geometric designs, all-white ceramics have a subtle tribal twist, and brass and copper accents lift the mood and add that understated sense of luxury and indulgence. The mix of matt and gloss finishes throughout the range creates a truly contemporary feel.

And at affordable prices, the new home and lifestyle collection from Sainsbury's will help you achieve designer looks without the designer price tag. Updating your home has never been easier.

HOW TO REFRESH YOUR HOME FOR SPRING

- 1 Create a light, airy vibe with chic, sleek white ceramics
- 2 Play with textures. Metallic touches give life to natural materials like aged wood.
- 3 Work the trend of the season – monochrome – on tea towels and table runners.
- 4 Use greenery to instantly create a spring-fresh feel.

For more interiors inspiration, visit [sainsburyshome.co.uk](https://www.sainsburyshome.co.uk)

Sainsbury's

ART OF GLASS

Blues, greens, and hints of yellow – line up these vases and see how they shine

Photograph OMER KNAZ
Styling SARAH KEADY

£17, Marks & Spencer

£12, Debenhams

£30, Dartington

£29, Lizard Orchid

£19.95, Graham & Green

£20, Dartington at Heal's

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£12, Marks & Spencer

£6, Debenhams

£14.50, Petersham Nurseries

More new home accessories at REDONLINE.CO.UK

Brighten your home with vibrant plants and these fun-to-make pots

Make it a HAPPY HOME

Take inspiration from The Joy of Plants' spring Houseplant of the Month – the regal pelargonium – and add some colour and fun to your home

Spring is the perfect time to take a lighter approach to life, to celebrate with pops of bright colour and cheerful decoration – instantly making your home feel warm and welcoming.

And to achieve that, you don't need a total overhaul. There are plenty of quick fixes to build the joy factor in any room. Take inspiration from plant expert The Joy of Plants, which has selected the regal pelargonium as its Houseplant of the Month for March. This vibrant flowering plant can brighten up any spot from spring

right through to early autumn. And how simple is that?

Why not get creative with all the family and make your own plant pots. The suggestions here (see right) are so easy to achieve, and it's the ideal way to get everyone involved – from the youngest to the young at heart. Make it feel like a party, get playful and let everyone pick their own favourite colours. You can even use household items you already own to make the pots, so experiment and have fun. Try these ideas now, and for more inspiration visit thejoyofplants.co.uk.

Create the 'happy life' look at home

Mix and match bright fabrics and accessories in stripes, patterns and polka dots, all in varied materials, throughout your home.

Then, add colourful flowering houseplants to finish the look, and celebrate a playful, party spirit every day.

GET THE LOOK

Feel happy with these upcycled DIY plant pots

YOU WILL NEED:

- Regal pelargoniums
- Tin cans
- Rubber gloves, in various colours
- Elastic bands, in assorted colours and sizes
- Scissors

- 1 Cut the rubber gloves under the thumb and discard the fingers.
- 2 Pull the remaining part of the glove over the can. The more you stretch the rubber, the lighter the colour will be.
- 3 You can place elastic bands around the can to decorate it. Finally, place your regal pelargonium inside and wait for the compliments to roll in.



For more inspiring ideas with houseplants, visit THEJOYOFPLANTS.CO.UK

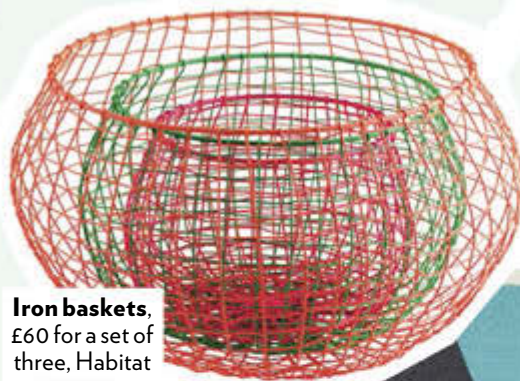


Poly-mix cushion,
£14, Matalan

Ceramic vase, £25,
Marks & Spencer



Iron baskets,
£60 for a set of
three, Habitat



Acrylic throw,
£35, Next



SHOPPING

HIGH-STREET HITS

Landing in stores now, this season's updates are savvy and chic

UNDER
£100



Metal light,
£95, BHS



Wood coffee table,
£79, Tesco



Wood and metal desk lamp, £95,
House of Fraser



Ceramic espresso mugs and saucers, £12
for a set of four, Tesco

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and more at
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Metal candle holders, from £4
each, Sainsbury's



Ceramic mug, £3.50;
ceramic tumbler, £3;
ceramic bowl, £3.50,
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£6.99, H&M



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FOOD FOR THOUGHT

Why everyone's talking about mindful eating

The way we eat is changing – out with the 5:2 extremes and in with fresh, ‘real’ food. It’s spring’s hottest way to feel fantastic, says Xanthe Clay



This time last year, food was a mass of contradictions. On the one hand, there was the all-encompassing 5:2, the diet which, by its very nature, created a pendulum of fasting and binging. Then there was the rash of burger restaurants, pulled pork on every menu, huge slabs of meat at trendy gaffs like Hawksmoor and Goodman. We were expected to eat almost nothing, or go all out with bone marrow slapped on to mashed potato and salted caramel dribbled over everything.

All of which was fun – for a while. But as a food writer, I struggled to get my head around it. While the country struggles with a diabetes epidemic that’s costing the NHS 10% of its budget, food fashion was encouraging us to behave like Desperate Dan on a feeding frenzy.

Now, there’s a new ideal. I’m calling it ‘Fairly Clean Eating’ and with summer on the horizon there’s never been a better time to try it. The premise is that you reject processed foods and refined ingredients (bye bye, ready meals and white flour) in favour of nourishing, ‘pure’ food. There’s an element of mindfulness, too, as devotees recommend careful consideration of anything that enters your body.

The approach is achievable and realistic; created and cooked for real life. It slots into our lives right now: lighter dinners to reflect the lighter evenings.

And it’s not a doctrine, something to laboriously stick to while dreaming of sugar. Let’s face it, a mantra that thinks a blow-out is a raw, nut-free, chocolate-free, dairy-free brownie is hardly going to light any fires. I’ve no intention of giving up proper dessert forever, less still of foregoing a negroni when I’m out with my best friends.

No, this is a moderate version of moderation. It’s a bit vegetarian, although you’re only meant to eat *less* meat, not no meat. It’s a bit sugar-free, though you can allow yourself a quality slice of cake if you’ve not snacked on Party Rings all afternoon. It’s taking its lead from restaurants

like the Bristol-based Friska (which won the *Observer Food Monthly* Ethical Restaurant of the Year Award in 2014), Wahu in Manchester or The Detox Kitchen in London. They all champion ‘good for you’ as well as ‘good to eat’.

Equally, cookbooks are leaning towards healthy, while bursting with flavour and joy. Seek out Hemsley + Hemsley’s *The Art Of Eating Well* and Diana Henry’s *A Change Of Appetite* (see page 230 for some of her recipes) to really bring the wholesome home. Diana allows drizzles of cream, dabs of butter, but balances the equation with fresh ingredients and a lightness of touch that leaves you glowing with energy. The Hemsleys are more stringent, but that feeling

of nothing being missing still pervades.

There’s plenty to love about the new move towards more thoughtful eating, not least that it’s not about dieting. It’s about eating better. In fact, it has much in common with Michael Pollan’s famous *Food Rules*, which starts: ‘Eat food. Mostly plants.’

Sounds obvious, but I take this to mean: eat food that I understand, that I recognise, food I may not have made myself but I can imagine making. The chef Anthony Bourdain once said of margarine, ‘I don’t know what it is but it’s not food.’ If I don’t know what something is, or what the ingredients on the label are doing for me, it’s not food, and it’s not on my menu.

Eating ‘clean’ food is about us taking control. Food that is good for us or delicious or both, not packed with additives that are there for the convenience of the retailer. Food

that we love, and that loves us back, every day of the week. 



HOW TO EAT ‘FAIRLY CLEAN’

- Be mindful about what you eat. Forget ‘is it worth the calories?’ and ask, ‘Is this nourishing as well as delicious?’
- Stop buying biscuits and bread and make your own – this way you know what’s in them.
- Make veg the focus of most of your meals, with meat just for garnishes and flavouring.
- Use less refined sugar – especially white and golden granulated or caster. While honey and unrefined sugars like muscovado have as many calories, they have such a distinct flavour that you’re less likely to use too much.
- Reduce refined carbs and opt for quinoa instead of couscous or white rice – it’s full of protein.

The best light and clean springtime recipes, at REDONLINE.CO.UK

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Escapes

Edited by SASKA GRAVILLE

FAMILY TRAVEL

SOMETHING FOR EVERYONE

Travelling with family can be chaotic, challenging, but the stuff of memories. Keep everyone happy with these all-age getaways



'MARGARITAS FOR ME - A CHOCOLATE MASSAGE FOR MY DAUGHTER'

For jeweller Monica Vinader, Hotel Esencia in Mexico is a family paradise

A holiday for me is about spending as much time as possible with my daughter Scarlett (with me, above), eight, and what I love about Esencia is that it's kid-friendly, but it's not full of kids' clubs. The whole family loves it and we hang out together. Scarlett can play, she's safe and everybody looks after her.

My husband and I lived on this stretch of Mexican coastline 20 years ago, working a bit further down from where the hotel is. We ran a fly-fishing operation, and knew the area when it was totally unspoilt. If you know where to look, there are still some spots that aren't developed and chock-a-block with package tours and clubbers. Esencia is one of them, and it's wonderful.

We love non-glitzy hotels, and Esencia is small, just 29 rooms. It's decorated in a very understated way, »

Pristine beaches and crystal-clear waters are a major draw at Esencia, Mexico



with a few pieces of mid-century furniture, white walls and a laid-back feel. It's tasteful, elegant but not over the top. If I had a house in Mexico, it would look like this.

Really, though, Esencia is all about the location: in the middle of tropical forest, with a pristine white-sand beach. I always have a long swim

before breakfast, and then Scarlett and I will play cards, read a book or do some sketching together. I named one of my friendship-bracelet ranges after Esencia because I did so much sketching for the collection while I was there. I do a lot of watercolour drawing when I'm travelling.

The hotel is also a great base for sightseeing. We've driven to the ruins at Chichén Itzá, which are one of the most spectacular things in the world, and been to the town of Mérida, to see the colonial side of Mexico. There's a barrier reef for snorkelling and we've seen turtles lay their eggs on the beach – it's an incredible sight.

The food at the hotel is pretty amazing – not a buffet in sight. I could live on fresh ceviche, guacamole, coconut water and margaritas! The spa is truly incredible, too, one of the best I've been to – and I've tried many. They grow their own herbs around the garden to use in treatments, and they do a chocolate massage for kids, which we let Scarlett have.

Tulum is quite developed these days, but I always do some shopping for beautiful Mexican arts and crafts up and down the high street. And there's a restaurant I love called Hartwood (hartwoodtulum.com). Don't miss it. You sit at outdoor tables and eat delicious Mexican food.

For me, it's always a good time of year to go to Mexico. I'd probably avoid hurricane season (September and October), but I'd go any other time of year. Scarlett's already had three holidays at Esencia – it's a pretty marvellous place, my idea of paradise...



CLOCKWISE, FROM BELOW, LEFT: Scarlett splashes in the surf; the pool at Esencia; Monica's holiday watercolours inspire her jewellery

What to pack

Lycra bikini top, £32; **lycra bikini briefs**, £16, both Calzedonia

18ct rose gold-vermeil on sterling silver bracelet, £125, Monica Vinader

Straw bag, £69, Phase Eight

Children's leather sandals, £20, Monsoon

The pyramid at Chichén Itzá



TRIPNOTES

Scott Dunn offers five nights b&b at Esencia from £2,050 per person, based on two sharing a Garden Room, including flights from the UK and airport transfers; scottdunn.com



FOUR GO MAD AT MOONRAKER

Red's editor-in-chief Sarah Bailey visits a country idyll on the outskirts of Bath and discovers the perfect formula for a weekend away with kids

Let's be honest here, when travelling with a two-and-a-half-year-old (and his only slightly less rambunctious seven-year-old brother), satisfaction is really only guaranteed by endless hours spent in a tepid training pool, or by making a macaroni collage in a soft-play area. Given that The Moonraker Hotel (rambly, Georgian, in the heart of glorious Wiltshire) has neither pool, nor obvious collage materials, it is a hearty testament to the laid-back sensibility of the place, and the sunny, forgiving nature of all the staff, that the ragtag Bailey party not only survive their 'love-bomb' weekend away together (in gelid January), but emerge a little rosier of cheek and happier of heart.

In the spirit of Red's Modern Family issue, my sons and I are weekending away with their beloved godfather Jim (gay, urbane, no kids). There are so many squirm-

inducing incidents – from Danny Goffey and Pearl Lowe's pitying glances as Youngest attempts to squeeze small fingers between carriage buffers on First Great Western, to flying pumpkin soup in the dining room – that the Godfather must reveal all in his Redonline blog.

Back to Moonraker then (newly christened, inspired by the area's smuggling past), run by the wonderfully monikered Tudor Hopkins, his golden-haired wife Lucy and their handsome, very tall hound Camber, and which strikes a very appealing balance between the cosy and the



The Moonraker Hotel

Sarah, her sons and their godfather Jim (far left) enjoy the magical setting of The Moonraker Hotel (and below)

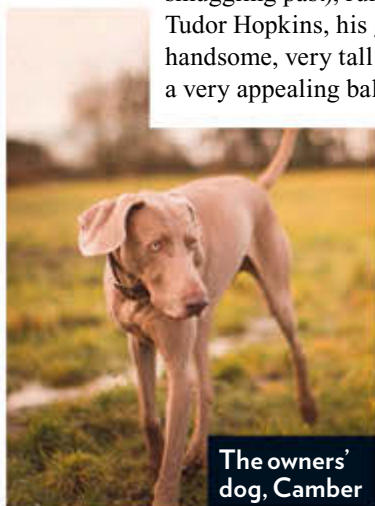


grand. The food is out of this world with a real commitment to sustainability and locally grown fare. Chef is Matthew Briddon, a River Café and Heathcotes alumnus. At Moonraker, he appears to be having the time of his life with kitchen gardens bursting with produce, a rustic smokery full of salmon, hives that produce the most sublime honey and a couple of spotted pigs, which will be home-made charcuterie by the time you read this. The Godfather and I are in foodie paroxysms over chef's thoughtfully prepared tasting suppers (mine all veggie). I'm still dreaming of the baked 'Goddess' cheese with garden-grown beetroot and the delicious ravioli with amaretti. Boys order off-menu: sausages.

The heart-stoppingly pretty Bradford on Avon is close by (all sugary Bath-stone houses and four-wheel drives) and has a smashing playground. Come summer, we're returning to Moonraker to continue the rumpus (and the bonding) with a safari outing to nearby Longleat. »

TRIPNOTES

Standard rooms at The Moonraker Hotel start from £115 per night; moonrakerhotel.com. Trains from London Paddington to Bradford on Avon with First Great Western, from £56; firstgreatwestern.co.uk



The owners' dog, Camber



What to pack

Cotton-mix bag, £90, Day Birger et Mikkelsen

Cotton sweatshirt, £280, Marc by Marc Jacobs at Net-A-Porter

Leather trainers, £89, Mint Velvet



FROM TOP: Tree-lined promenades; Valencia is Jane's adopted home; the vibrant old quarter



THE PERFECT ALL-AGES BEACH HOLIDAY, TWO HOURS AWAY

Valencia in southern Spain is a dream family hot spot for city slickers who also like making sandcastles, reckons part-time resident Jane Lovatt

If I'd known about Valencia when my daughter Phoebe was growing up, it would have been goodbye, windy British days shivering over soggy chips in the dunes, hola, paella picnics and sea-swimming in November.

Where could be better for a trip to please all ages than a beautiful Spanish city, a two-hour flight away, with a fantastic sandy beach? What could be more marvellous than spending mornings drinking café con leche in elegant urban squares, knowing that when your children start getting hot and cross, you can hop on the bus and be in the Mediterranean in 20 minutes?

For the last two years, I have had the pleasure of living part-time in Valencia's El Cabanyal, a magical maritime neighbourhood that has captured my heart.

When my friend Lucy came to stay for a week with her kids, I worried that Polly, 11, and Will, 13, might get bored. I swiftly realised, however, that Valencia is not only a gorgeous sunny retreat, it's also perfect for family holidays.

In the mornings we took the Metro six stops into the heart of the city. We trawled the magnificent historic quarter, shopped for persimmons and dates in the splendid Mercado Central and revelled in Valencia's gentle buzz. Then, just as Polly and Will began to weary of the cultural experience their mum was loving, it was time to head to the seaside. After buying empanadas from the Mercado del Cabanyal, we walked five minutes to the beach. The children raced to the sea, while we flopped on the warm sand.

In the evenings, full of sun and good humour, we hit the town again to wolf down anchovies and Manchego cheese at the friendly Café Museu (Carrer del Museu, 7). Or we stayed in El Cabanyal, enjoying Valencian seafood specialities at the lively Ca la Mar bar (Calle Justo Vilar, 19). It's nearly always warm enough to sit outside in Valencia and no one bats an eyelid to see children eating out at night.

This agreeable routine kept us happy for several days before we decided to investigate further afield.

What to pack



Cotton-mix top,
£28,
Topshop

Leather and canvas bag,
£45, Jones
Bootmaker

Leather espadrilles,
£90, Ugg
Australia



FROM TOP: A visit to the Oceanogràfic is a must; stay at the Tryp Oceanic hotel; Jane enjoys beach life; and fresh local produce

Valencia is perfect for cyclists, with designated paths everywhere. The Valenbisi scheme enables you to hire bikes online (valenbisi.com) and the Turia Gardens, running right through the city, are brilliant for bike rides. They stretch for 9km from the extraordinary Ciudad de Artes y Ciencias (CAC) to the amazing Bioparc, with playground and café stops along the way.

The CAC is Valencia's wow-factor landmark – surreal buildings housing excellent attractions. One minute you're gazing at sharks swimming over your head in the Oceanogràfic, the next marvelling at the universe in the Hemisfèric. Architecture fans swoon over the spectacular Santiago Calatrava monuments, which children also recognise as 'awesome'. They exclaim the same about the Bioparc, where almost-invisible barriers make you feel like you're in the wilds of Africa.

The best time to visit is mid March, for Valencia's most famous festival, Las Fallas, where hundreds of huge effigies – fabulous, Disney-esque creations – are burned. A few are saved each year, and Polly was enchanted to see them in the Museo Fallero, while Will preferred the street art of the Barrio del Carmen – a hip maze of narrow streets.

The week ended without Lucy having time to visit Valencia's art galleries. She's coming back for more soon, but I'll eat my sombrero if she makes it over without the children in tow. And seeing my adopted home through their wide eyes made me love it all the more. ■

TRIPNOTES

Tryp Oceanic (tryphotels.com) has family-friendly rooms with foldaway bunks, children's menus and an outdoor pool in the sheltered garden. A family room for two adults and two children in April costs around £122 per night b&b. EasyJet (easyjet.com) and Ryanair (ryanair.com) both fly to Valencia from £50 return. See viva-valencia-cabanyal.com for more on El Cabanyal. For more of Jane's trips, see thetrundlers.com



Try empanadas at the Mercado del Cabanyal



Plenty to please kids Polly and Will, not least glorious seaside and sunny bike rides



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FROM TOP: Stylish living at the Hilton Dalaman, Turkey; Buddha Bar Hotel in Prague; and Iberostar in Tenerife, all for less

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Scent of spring

Want to give your rooms a garden-fresh smell that lasts? Febreze Set & Refresh will leave you and your home feeling invigorated

The way your home smells is so important to your mood. A calming scent can enhance your wellbeing; a zingy citrus smell can put a spring in your step at the start of the day. Febreze understands the importance of a fresh-smelling home, which is why they've designed an air freshener that releases scented oils, slowly over time, providing 30 days of lasting freshness and odour elimination. Febreze Set & Refresh not only neutralises odours but also

'Imagine coming home to the smell of freshly laundered sheets or the hint of relaxing lavender in the air'

leaves behind a crisp scent so it can be used in small rooms and spaces with little airflow, such as bedrooms, hallways and bathrooms – or even a shoe closet. While other air fresheners don't last, or are too overpowering for smaller spaces, Set & Refresh is activated by a refill kit so it's continuous, rather than instant. And because it can sit on a table, you can put it anywhere without having to worry about batteries or sockets. Imagine coming home to the smell of freshly laundered sheets, or taking a bath with the hint of relaxing lavender in the air. Febreze fresheners will leave your home feeling warm and welcoming.

KEEP YOUR HOME FRESH

Want to refresh your home this spring? The new Febreze range is the perfect way to banish unpleasant odours and make your home smell as fresh as it looks. All you need to do is place the scented oil refill cartridge in the Set & Refresh Diffuser – there's no need to peel or open anything. The scents of the season include vanilla flower (with hints of petals and fruit notes), freesia bloom (a fresh floral scent) and lotus verberna (a subtle mix of melon, cucumber and sandalwood). Whatever your mood, Febreze has a scent to suit you.

Febreze Set & Refresh range is available in stores and supermarkets nationwide



Febreze Set & Refresh range

MINIBREAK

Live like a local in...

LONDON



In the new edition of *London Style Guide*, Red's Saskia Graville uncovers the city's off-the-radar eating and shopping hotspots

How do I explore a city the size of London?

Don't even attempt to cover it all in one go. The city is divided into a series of 'villages' and the trick is to tackle it one area at a time. Even Londoners themselves are pretty clueless about their city's geography when you transplant them out of their comfort zones.

Portobello Market is in every guidebook, is there an alternative?

Head to Golborne Road, at the far north end of Portobello. On a Friday and Saturday, you'll find those in the know browsing kerbside stalls and rummaging for treasures in the many antique furniture shops. Explore packed-to-the-rafters Ollie & Bow (69 Golborne Road) and Les Couilles du Chien (lescouillesduchien.com).

Any other must-visit markets?

Columbia Road in east London is a magical spot. This strip of independent shops comes alive only at weekends and, on Sundays, a flower market stretches along the whole road.

What can I buy apart from flowers?

There are so many quirky shops to choose from. Try Caravan (caravanstyle.com) for shabby-chic finds, Ryantown for artist Rob Ryan's hand-cut paper prints and Lily Vanilli Bakery (lilyvanilli.com) for a well-earned cupcake.

What other east London treasures should I seek out?

Shoreditch is full of independent shops and cafés. Story Deli (storydeli.com) serves pizza in a converted scout hut and The Book Club (wearethebc.com) is a café and event space – life drawing or speed dating, anyone?

Nearby Broadway Market on a Saturday is a foodie's day out, and pop into Strut (strutlondon.com) for vintage finds.

Tell me about a part of London that's seen big changes?

King's Cross, once one of the least attractive areas, has been transformed. Head to Granary Square, new home to the Central Saint Martins art college, and to two of London's busiest brunch spots, Grain Store (grainstore.com) and Caravan (caravankingscross.co.uk).

London's full of five-star hotels, but I prefer boutique...

Stay at The Zetter Townhouse (thezettertownhouse.com), a 13-bedroom Georgian property tucked in a cobbled square. Sweet dreams.

Book a Red-approved minibreak at REDONLINE.CO.UK

FROM TOP: Enjoy a cake at Lily Vanilli Bakery; a room at The Zetter Townhouse

RED OFFER

To order a copy of the new *London Style Guide* at the special offer price of £12, including free p&p (RRP £16.99), call 0125 630 2699 and quote the code BW4.

5 must dos

Forget the crowds at Borough Market; foodie insiders prefer Maltby Street in Bermondsey. Saturday mornings only, it's a mecca of food and drink producers.

Buy a ball of string – or dustpan and brush – in the world's coolest hardware store, Labour and Wait. Even its hot water bottles are stylish; labourandwait.co.uk

Enjoy a cuppa in the café of Zaha Hadid's Serpentine Sackler Gallery in Hyde Park. Her conversion of the 1805 gunpowder store is majestic; serpentinegalleries.org/restaurant

Head south of the river to Olympic Studios in Barnes. A legendary recording studio in the 1960s, it's now a state-of-the-art cinema and restaurant; olympiccinema.co.uk

Visit Abigail Ahern's treasure-trove interiors shop on Islington's Upper Street. Quirky buys and style inspiration – you won't leave empty-handed; abigailahern.com



Bring back the good times.

Don't let sensitive teeth hamper your enjoyment of food and drink.

It makes sense to use a desensitising toothpaste to help prevent the pain. What doesn't make sense is to stop using the toothpaste when the pain has gone.

Because chances are it may come back.

Brush twice a day every day with a **Sensodyne** desensitising toothpaste to relieve the pain and help prevent it coming back.





FREE YOUR MIND

Good news: anyone can master thinking outside the box. You just need to let your brain find a creative solution, according to Mike Byster, author of *The Power Of Forgetting*. To get your thinking running along new lines, try this simple exercise. Look at any six- or seven-letter word for a few seconds, then picture it in your mind. Next, rearrange its letters in your head, in alphabetical order. So, if you choose the word 'kitchen', it becomes 'cehiknt'. And that's it. 'What makes this mental gymnastics such a boost to your brain is that you're forced to use all the information and totally rearrange it in your mind,' says Byster. 'You'll notice that after a while, your mind will be used to looking at things in a different way and you'll start coming up with ideas you've never thought of before.' ■



Once you have good habits, you don't need to use willpower, says Gretchen Rubin

WELLBEING

THIS WOMAN CAN MAKE YOU HAPPIER

New York self-help guru Gretchen Rubin has dug deep into the human psyche to create strategies that will make you high-functioning, happy and efficient. It's all about getting good habits, she tells Brigid Moss

Photographs ANDY RYAN

The title of her new book, *Better Than Before*, sums up happiness guru Gretchen Rubin's career so far. She's all about analysing human nature, and distilling her findings in order to make our lives better. Her first book, *The Happiness Project*, saw her testing happiness strategies, sold over a million copies, and stayed in the *New York Times* bestseller list for over two years. A lawyer-turned-writer, Rubin's modus operandi is to dig deep into everyday life, to find out the unwritten rules that boost wellbeing. Now, in her third book, she's after transforming our lives, simply by changing our habits.

'We repeat about 45% of our behaviour almost daily,' she says. Her point is: habits add up over time, until they are life-changing. So, doing 10 minutes of Pilates a day may prevent a bad back; an hour a week on your expenses will save you an end-of-tax-year panic.

'The thing about habits is, once you have them, you don't have to make decisions or choices or use willpower, which are all very draining,' she says. 'If it's a habit, you don't get into that energy-sucking distraction cycle of: "I should, I want to, I ought to, I have to." If it's a habit, it's a case of: "Mondays I work out with a trainer, so I'm going."'

On Skype, I can see Rubin's dark-blue Manhattan office is small – it looks to be the width of her desk – but perfectly formed. As befits a mistress of habits, it looks very tidy, as does she, with a neat bob and round-necked purple cardigan. Of course, she might have shoved the clutter into a cupboard for the call, but somehow I doubt it.

The book makes it clear that Rubin is not one to do anything by halves. It's filled with examples and analysis of her own habit-forming quests, plus those of friends, family and acquaintances, including her husband Jamie and her »

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teenage daughter Eliza. 'Everybody I come into contact with is brought into my petri dish,' she admits. 'I think, "Is there a pattern here?"', "Why are people saying this?"' It is, she admits, 'an odd obsession'.

Over the course of the book, Rubin's own methodical and organised quest to get good habits is pretty impressive. For example, she tried daily meditation for four or five months, before deciding it wasn't for her. Most of us would have bailed after a week.

I'm not sure what Skype etiquette is, but as Rubin had her camera on when I called, I felt it would be rude not to switch on mine, too. I'm conscious that behind me is evidence of my disorganised life: bare plaster walls and boxes of belongings.

But the book is there to help anyone like me, who needs change, I think. And the starting point, Rubin tells me, is, 'We must each cultivate the habits that work for *us*.' First, we must 'know ourselves'. Rubin divides the world into four kinds of people, her Four Tendencies. 'Of every idea I've ever had, every insight, I am the most proud of that,' she says. 'The deeper I go into it, the more it kind of works.'

The four types go like this: to start, there are two kinds of expectations, 1) outer, for example, feeding children, work deadlines, paying council tax, and 2) inner, those we create ourselves – say, I want to... lose weight, get fit, learn French.

Ask yourself this: which of the two do I find easier? If the answer is *both*, you are an Upholder, like Rubin. You're self-directed, you don't let people down, but can mindlessly follow rules. If the answer is *neither*, you are a Rebel, which means you resist control, flout rules – and resist habits.

The third type is Questioner: you'll only meet an expectation if you think it's justified. Finally, there's the Obliger, who can hit deadlines, demands and responsibilities... just not their own inner promises.

Once you know your type, says Rubin, you can find out how to frame the habits you want to adopt and make them stick. For example, Questioners will be motivated by knowing all the health benefits of their treadmill workout. Rubin herself is an Upholder, which isn't very common, she says. 'What's been interesting and challenging is, I figured I was a typical person but I'm actually a very extreme personality.

Which came as a surprise to nobody except me,' she laughs.

I can't tell what I am, I say, maybe a Questioner. So Rubin asks me, 'When you have something you want to do for yourself, is it hard?' 'Yes!' I say. It turns out I'm an Obliger, the doormat of the habits world. Apparently, Obligers never want to be Obligers.

Thankfully, there's an upside. 'It's so easy to fix, says Rubin, 'give yourself external accountability.' Some examples, for me: I should team up with an exercise buddy to motivate me to work out, or make an announcement to the *Red* office that I'm going to give up sugar.

It's all about 'knowing ourselves', says Rubin

HABIT LOOPHOLES

THESE ARE THE THINGS WE TELL OURSELVES TO ALLOW US TO BREAK A HABIT. HOW MANY DO YOU RECOGNISE?

- 1 Moral licensing loophole.** I can have crisps because I went to the gym.
- 2 Tomorrow loophole.** I'm going to meditate/run/start my diet tomorrow.
- 3 False choice loophole.** I haven't been exercising because I'm too busy writing (ie you could do both).
- 4 Lack of control loophole.** I'd had a few drinks so I ate a kebab.
- 5 Arranging to fail loophole.** I'll just check my email before a meeting... oh no, now I'm late again.
- 6 'This doesn't count' loophole.** I'm on holiday/it's the weekend/I'm ill.
- 7 Questionable assumption loophole.** I'm so far behind, there's no point trying to catch up.
- 8 Concern for others loophole.** It would be rude to refuse her cake.
- 9 Fake self-actualisation loophole.** FOMO, YOLO.
- 10 'One-coin' loophole.** One instance of doing something seems meaningless, but the sum is meaningful (What's one glass of wine?).

Rubin tells me how, since discovering her husband is a Questioner, it's improved their relationship. 'Knowing that has given me a lot more patience with him,' she says. 'The other day, I asked him to take two pictures hanging on the wall, and switch them. He said, "Why should I?" He wasn't being snarky. Now I realise, it's his first instinct to question.'

In the book, Rubin lays out plenty more you need to know about yourself for good habits. Whether you're a Lark or an Owl, for example, to plan your day productively. Whether you're a Marathoner like Rubin (you work steadily to

a deadline), a Sprinter (you work well at the last minute) or a Procrastinator like me (you leave it until the last minute but would be better off developing a habit of steady working).

There are other fascinating categories: for example, Opener versus Finisher. Openers like starting

something new; finishers get a kick from scraping out the last of the peanut butter. Openers may be overly optimistic about starting new habits, says Rubin; Finishers, too cautious.

So what was the most surprising thing Rubin worked out about habits? 'One of the things that surprised me was reward,' she says. It seems automatic: do something right, reward it. 'It took me a long time to understand how very complicated and subtle and tricky the consequences of reward are.'

People often reward themselves with the wrong thing, she says. You tell yourself, 'I've worked out, so I've >>

'People often REWARD themselves with the WRONG thing. You tell yourself, "I've worked out, so I've EARNED this cake"'

earned this slice of cake.' 'Often,' writes Rubin, 'as soon as the reward stops... the behaviour stops.' To make a true life habit, she discovered, it's better for it to be automatic, part of your life, not something that requires a reward.

She also makes a crucial distinction: reaching a goal versus forming a habit. Repeating something isn't enough: we've all known people who've run a marathon, then stopped running. So how to make a goal into a habit? Reframe it. 'You have to build a real plan,' says Rubin. So instead of saying, I'm running to get fit for a race, you could say, I'm running five times a week, and the race will show me how well I'm doing.

Interestingly, exercise is one of Rubin's four Foundation Habits. That is, start by fixing those four, and the rest will follow more easily. The other three are food, sleep and decluttering. 'Start with things that are really going to move the needle for you,' says Rubin. She cites binge eating. 'You're less likely to do it when your kitchen is neat than when it's a wreck.'

When it comes to eating, Rubin has what she admits may seem an 'extreme' strategy, which she has dubbed Abstaining. She doesn't eat carbs: sugar, starchy veg, grains... any of them. 'A lot of people wouldn't want to do it or think it a good idea,' she admits. 'I'm nine to 10lb lighter, but I didn't do it to lose weight, I did it because I thought it was healthy. Now I'm at the lower end of a normal weight. And I'm eating way more food. And it's really easy to stick to it.'

The opposite of Abstaining is being a Moderator, those who are able to have a single bite of cake or two squares of chocolate, and can base their eating habits on that. Rubin tells me to think of a food I love. How do I deal with the temptation of it? We discuss ice cream, which, when it's in the freezer, I eat – a lot. I'm clearly not a Moderator. I could try the strategy of Convenience, she suggests. 'Make it inconvenient, and you'll do it less.' First, set up a rule. It could be: 'I'm allowed ice cream, but only if I go out for it,' or, 'only with someone else.' Or, the rule could be a single spoonful in a bowl. She tells me about someone who only eats snacks after putting on his coat. 'It's absurd – but it works for him.'

Rubin is equally disciplined when it comes to exercise: one yoga class, one or two cardio gym visits and a short hardcore strength training class a week. But, she explains in the book, she can stick to these habits because she's worked out what suits her. That she doesn't like exercise outdoors, or new things, or pushing herself hard. The strength session, which is hard, 'lasts only 20 minutes, so I can stand it,' she writes.

READER EVENT

CHANGE YOUR LIFE – BEFORE LUNCH

JOIN RED FOR BREAKFAST WITH HAPPINESS GURU GRETCHEN RUBIN

Want to find out how to change your habits for the better – and for good? Gretchen Rubin knows the secrets. Her new book, *Better Than Before: Mastering The Habits Of Our Everyday Lives*, looks at the core principles of habits – and she promises the knowledge is powerful enough to change your life.

'We repeat about 45% of our behaviour almost daily, so our habits shape our existence, and our future,' she says. So what are the 'foundation' habits you need? Which habit could transform your life? And what are the strategies that will help you keep on track? Find out from Gretchen Rubin, in conversation with Red's health director Brigid Moss.



WHEN: April 14th, 2015

7.30am: Healthy breakfast reception.

8am: Talk, plus questions.

8.45am to 9.15am: Book signing.

VENUE: 1 Wimpole Street, Marylebone, London W1G 0LZ

PRICE: £15

BOOK AT: Redonline.co.uk/red-women/red-events

Time, or the lack of it, comes up in the book a lot. Rubin is a master of Scheduling. So she can answer all her emails, she's dropped the hellos and sign-offs from her messages. When people were affronted, she reconsidered her habit, and made the decision to stick to it, deciding it is better to answer everyone than for emails to be polite.

I came away from our conversation with a long list of things I felt I should do; by this point, you may be feeling the same. My starting point is going to be one tiny habit that Rubin says changed her family life, namely: 'Warm hellos and goodbyes. People come to the door, and we really give a hello or goodbye. It's astonishing how much this small action – formed so easily – gave us a tender, attentive atmosphere at home.'

One tiny habit, you see, done every day, adds up to something utterly life-changing.

Better Than Before: Mastering The Habits Of Our Everyday Lives by Gretchen Rubin (Two Roads, £16.99; out March 12th). For more, see gretchenrubin.com

What's your Tendency type? Find out at REDONLINE.CO.UK

BRIGID'S NEW GOOD HABITS

QUITTING TIME. Rubin told me to switch off all devices and not check my phone at a certain time each night – it can vary, but clearly delineates work and leisure to cut stress.

A POWER HOUR – a weekly hour on Tuesday nights, where I tick off a list of all the non-urgent tasks, the ones I keep putting off.

I'M UNCERTAIN IF I'M A LARK, but I'm going to try going to bed half an hour earlier, at 10.30pm, then getting up at 6.15am instead of 6.45am on weekdays. After walking the dog, I'll do 20 minutes of yoga. And telling you... this is the accountability I need. ■

In her shoes

Follow in the perfectly pedicured footsteps of Sinclair Sellars, founder of bridesmaid dressmaking service Maids to Measure



Every bride-to-be wants their wedding day to be perfect. They want to look camera ready from their flawless make-up right down to the perfect pedi. That's why Sinclair Sellars' job is so important. As a founder of Maids to Measure, a unique bridesmaid dressmaking service, she has to make sure dress consultations are a fun and glamorous experience, but also reassure her clients that she knows how to pay attention to every detail.

Sinclair prides herself on looking polished from head to toe, just like the brides themselves hope to be. A good footcare routine is key. She says: 'That's why it's so exciting to discover the Scholl Velvet Smooth Diamond Express Pedi: a pedi gadget with professional results that I can use in the comfort of my own home. It leaves my feet beautifully smooth. I'd recommend it to any bride-to-be.' The Express Pedi is an absolute must for Sinclair to look and feel her best for every appointment. And she's not alone, in a recent survey, 96%* of Red readers agreed that it left their feet feeling soft and smooth.

'It leaves my feet beautifully smooth. I'd recommend it to any bride-to-be'

3 STEPS TO THE PERFECT PEDICURE

1 REMOVE HARD SKIN BY using Scholl Velvet Smooth Diamond Express Pedi, a gadget that buffs away hard skin leaving them soft and smooth in minutes, without any hassle.

2 SOFTEN YOUR SKIN IN A BOWL OF WARM WATER and Scholl Velvet Smooth Foot Soak for a blissful 10 minutes to sooth, soften and cleanse your skin.

3 MOISTURISE USING Scholl Velvet Smooth Intense Serum after drying. The easiest way to get your feet and toes ready for spring.

For more information about the Velvet Smooth range, visit scholl.co.uk



'I want my clients to have fun and memorable appointments; looking my best is key'

'Having a daily footcare routine really helps to boost my confidence'



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NUTRITION

SNACK, SNACK SNACK... STOP

For years, the rule has been the same: eat little and often. But what if this turns out to be wrong? Maria Lally investigates a nutrition U-turn

Photographs LEO ACKER

My working/eating day can often go a little like this... Tap tap tap, oatcake, tap tap tap, another oatcake, tap tap tap, handful of almonds, tap tap tap, banana. Throw in three main meals, lattes, plus any leftovers from my two young daughters, which can range from a half-eaten fish finger to apple slices, as well as the odd snaffled Haribo, and there are days when I barely go more than an hour without eating something.

Haribos aside, I've always seen my snacking as a healthy habit. As a health writer of 13 years, I've been brought up on snacking as an unshakeable commandment: it stops me bingeing, steadies my blood-sugar levels and keeps my metabolism fired up. Doesn't it? After all, mainstream advice for the last decade has been to eat little and often.

BUT LAST YEAR, AS I STARTED TO WRITE A BOOK WITH NUTRITIONIST AMELIA FREER – *Eat. Nourish. Glow.*

– she began to convince me what I'd thought was an immovable truth is, in fact, a moveable feast. Sitting in her Notting Hill kitchen, Freer chatted as I typed. When she got on to the subject of snacking – and how she advises against it – I couldn't believe it. I'm told many things by experts and I don't buy all of it, but this just made sense.

'If you're well nourished, you don't need to snack,' she told me. 'I didn't always think – or eat – this way. When I first studied nutrition, it was common practice to teach people to eat little and often with regular snacks between meals – in stark contrast to our grandmothers' mantra of three meals a day with nothing in-between.'

'Then, in 2008, I attended a lecture about blood-sugar management by Leo Pruimboom, scientific advisor of the Natura Foundation,' says Freer. 'Controversially, it suggested humans don't actually need to snack. The room of nutritionists gasped – it went against >>



Constant grazing is putting our bodies into fat-storage mode, say new findings

everything we believed and advised. But what he said made so much sense; it was a seminal moment for me.

‘He explained that our modern-day, drip-feed way of eating is “inflammatory”. It creates permanently elevated levels of insulin in our bloodstream, which puts pressure on the pancreas and liver and – this is the key part – puts our bodies into fat-storage mode. He believed our snacking culture played a big part in contributing to rising obesity levels.’

OF COURSE, HIGH-SUGAR FOODS ARE THE WORST CULPRITS.

But even so-called healthy snacks – like my oatcakes – mean our bodies are constantly at work, our insulin levels always elevated. Even low-carb snacks, like meat and vegetables, still raise insulin to a degree.

A new study seems to confirm this. Dutch scientists recently discovered that while snacking increased abdominal fat and non-alcoholic fatty liver disease (NAFLD, a build-up of fat in the liver that can cause liver and heart disease), eating the same amount of food as bigger portions at mealtimes did not.

The researchers split their group in two to mimic typical eating. One had three meals and two snacks a day and the other had three larger meals. At the end of the study, the snackers had more fatty stores in their livers and fat around their waists. ‘Our study provides the first evidence that eating more often, rather than consuming large meals, contributes to fatty liver independent of weight gain,’ says study leader Dr Mireille Serlie. ‘These findings suggest that cutting down on snacking and encouraging three balanced meals each day may reduce the prevalence of NAFLD.’

Aha, you might think (like I did), but snacking stops me overeating at mealtimes. Doesn’t being super-hungry just before lunch make you more likely to ditch the salad in favour of a huge plate of pasta? A recent US study seems to suggest not. The study, published in the health journal *Appetite*, found that people who don’t snack feel similar levels of hunger at mealtimes as snackers. Which backs up what Freer told me in her kitchen that day – that hunger isn’t always the emergency we think it is.

‘The body is far more capable of going without food for short periods than we give it credit for,’ says Freer, who cites the success of intermittent fasting as an example. ‘You should never starve yourself,’ says Freer. ‘But I’ve noticed many of my clients are very fearful of

hunger. I was, too, once – I worked in an office and needed an endless supply of snacks to feel “safe” from hunger. I never felt that gentle pang of hunger you should feel before a meal because I quashed it with snacks.’

Freer says the food industry has a vested interest in making us snack. ‘When the advice that snacks were okay became popular, food manufacturers seized on it – they convinced us we needed their “handy” snack foods, but we really don’t.’

So can snacking ever be a good thing?

‘Yes,’ says Freer, ‘if you’re stuck at work late, if you’re travelling, or genuinely hungry between meals – and not just bored. Then snack on nuts, seeds, apple slices with almond butter or cherry tomatoes with walnuts.

But it’s a sign you need to look at your meals to see how they can be improved.’

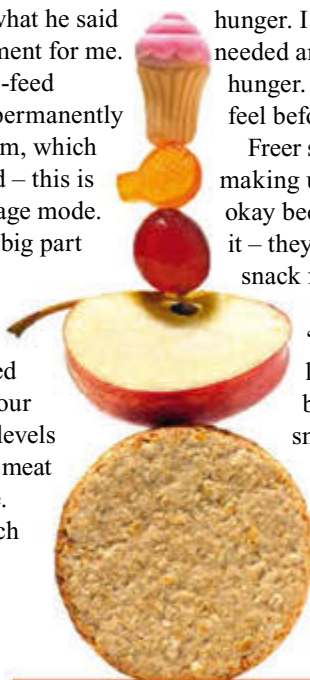
I suppose this is the key: Freer isn’t saying *never* eat outside of a meal; she’s saying it shouldn’t be the norm. In this, she’s going

against common nutritional advice.

Although a recent overview by the British Nutrition Foundation did say the findings on snacking aren’t yet clear. Freer is backed by big name of nutrition Dr Robert Lustig of the University of California, author of *Fat Chance: The Hidden Truth About Sugar, Obesity And Disease* and one of the first – and loudest – critics of sugar. ‘I don’t think snacking is necessary or beneficial,’ he says. ‘It raises your insulin longer over the day, which means more time for energy storage and more chance for down-regulation of the insulin receptor (lower sensitivity to insulin which is associated with diabetes).’

But, even though I’d heard the evidence that I didn’t need snacks, I still had to see it (or rather, not eat it) to believe it. So, how did I get on with a three-meals-a-day policy? As predicted (by Freer), I struggled in the first week because my body kept asking me for its regular food boosts. What helped was adding more fat, protein, vegetables and nuts to meals, knowing I didn’t have the safety net of a snack an hour or two later. I enjoyed food when I did eat, too, because I hadn’t taken the edge off my hunger. And in two weeks, I lost 5lb, almost entirely from around my waist. I have to confess: the odd oatcake still finds its way on to my desk and, occasionally, a spare Haribo. But, most of the time, I’m a convert. 

For more on how to improve your meals, visit REDONLINE.CO.UK



CUT SNACKING

● Make over your meals

‘Look at your meals before you think about going snack-free,’ says Freer. ‘Avoid sugar – it makes you hungry – and add more filling fat and protein (eggs, nuts, seeds, avocados, chicken, fish) and lots of vegetables. Breakfast is the most important meal to get right because it sets up your eating pattern for the day – try two poached eggs and a green juice.’

● Ask yourself why?

Are you bored, snacking out of habit or looking for a distraction? Rather than mindlessly reaching for food, ask yourself if you’re hungry. If not, take a break from your desk, have a glass of water and start something new.

● Cut evening snacks

‘I often meet clients – smart, successful women juggling jobs and families, but after a long day they collapse on the sofa and eat chocolate until their stomachs hurt,’ says Freer. ‘This is classic stress snacking.’ *Eat. Nourish. Glow.* by Amelia Freer (Harper Collins, £16.99)

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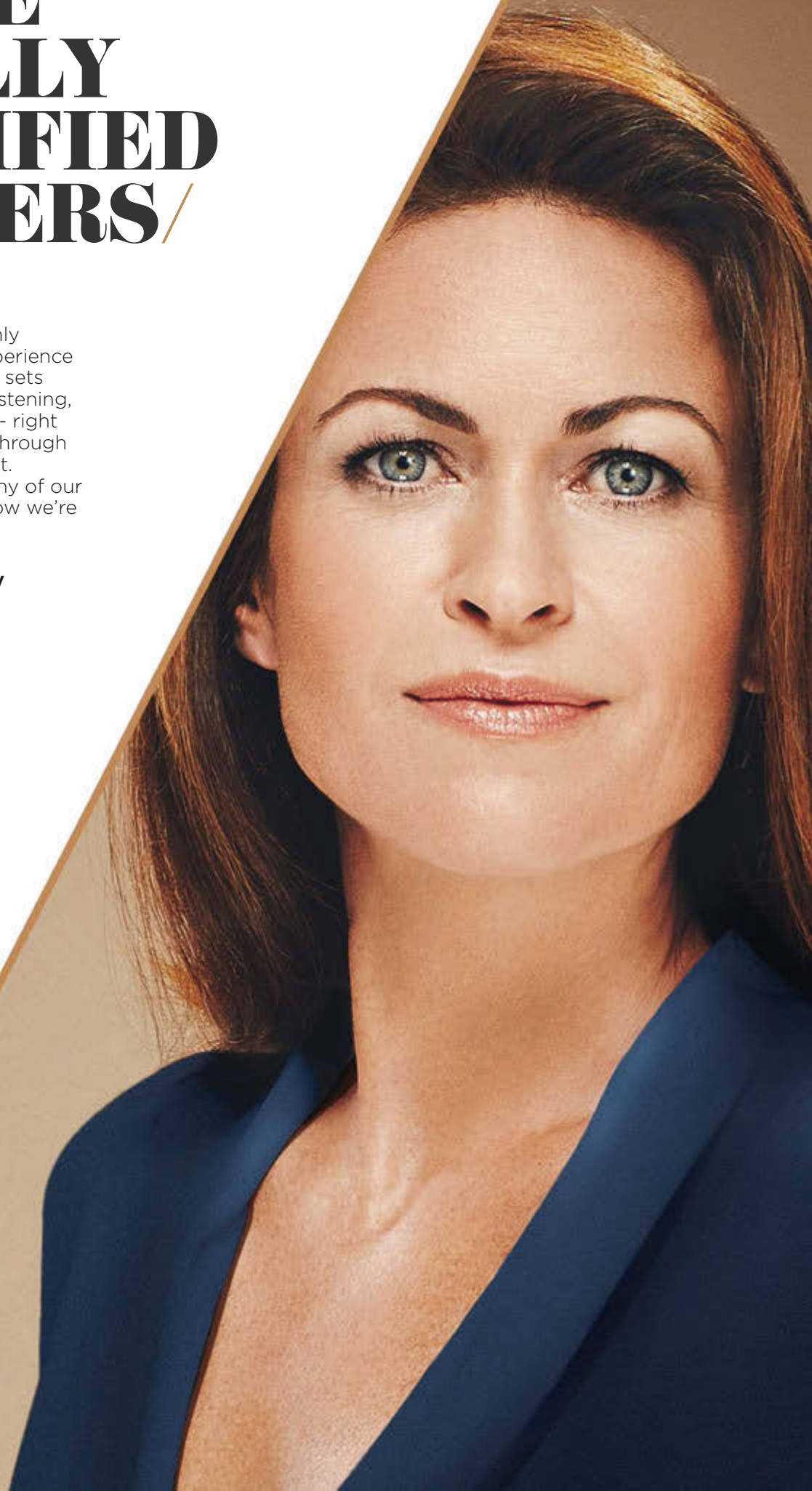
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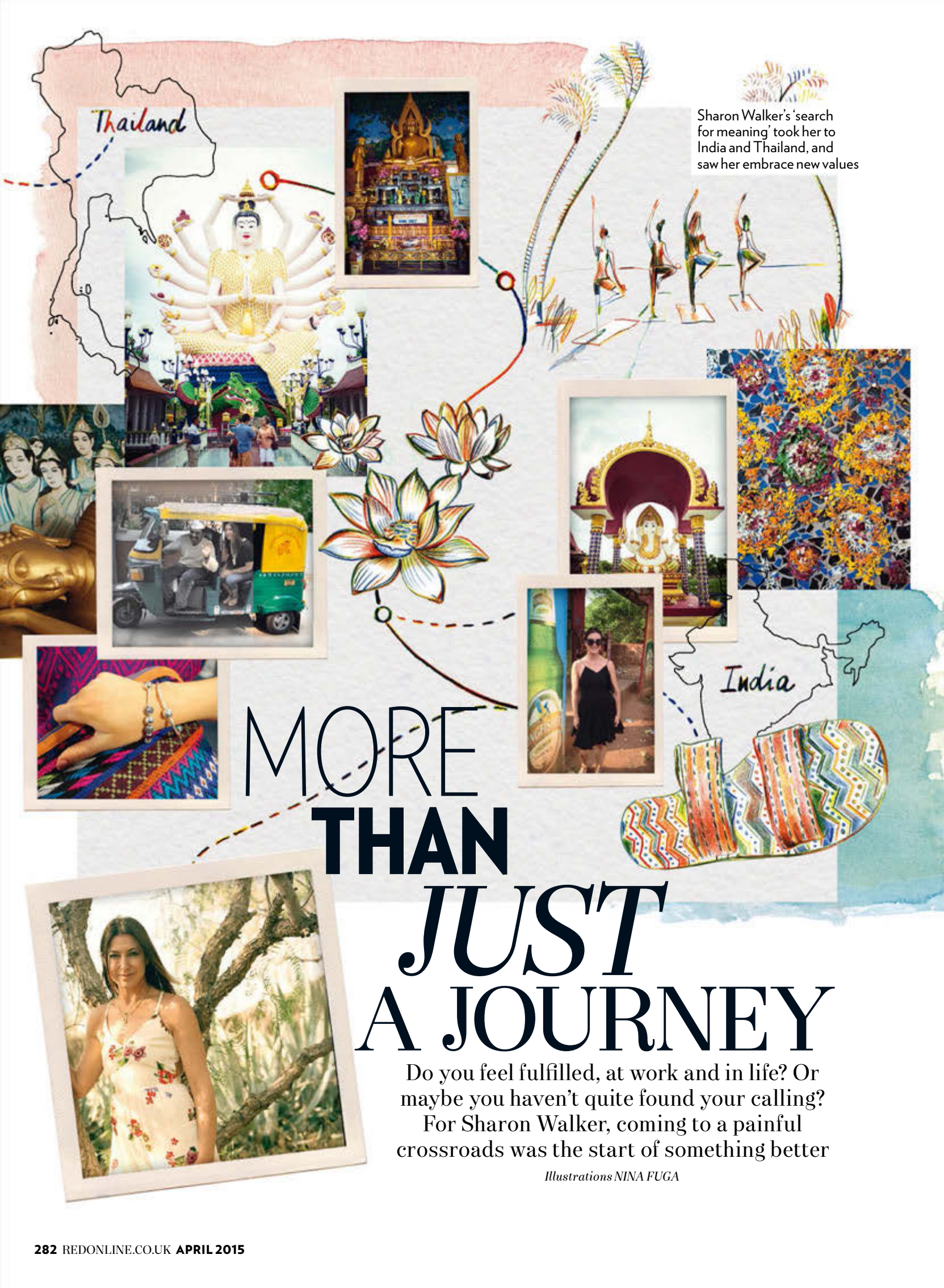
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Sharon Walker's 'search for meaning' took her to India and Thailand, and saw her embrace new values

MORE THAN JUST A JOURNEY

Do you feel fulfilled, at work and in life? Or maybe you haven't quite found your calling? For Sharon Walker, coming to a painful crossroads was the start of something better

Illustrations NINA FUGA

I am at a party on a Mumbai rooftop, talking shoes. We are sipping Kingfisher beer straight from the bottle, our conversation punctuated by Mumbai's insistent soundtrack of blaring horns. The man I'm talking to is showing me a sandal, fashioned from recycled aeroplane tyres and jute, made by a cobbler in one of Mumbai's biggest slums. I like the shoe, it's cool. Synapses firing, my head is whirling with ideas; I think maybe I could do something to help. It seems like a significant moment.

India's roller-coaster of colour and noise and smells seems to be just what's needed to jolt me out of the heavily ploughed furrows of my life. This meeting is no coincidence, but all part of my 'search for meaning'. If that sounds rather grand, perhaps it is, but I don't know what else to call it. A mid-career crisis perhaps?

Having worked as a health writer and editor for more than 20 years, I've drifted into being a 'slashy', a journalist-slash-PR, working from home. I relish the freedom and flexibility of my modern portfolio career – I know I'm incredibly lucky, travelling for work, meeting fascinating people, but I don't have the sense of purpose I had when I was editing my own health magazine. I don't feel like I'm doing enough, somehow. I feel a bit embarrassed saying this (who do I think I am, Mother Teresa?) but I'd like to make a difference, like a friend who has switched from journalism to teaching and counselling. But one thing's for sure: I'm a single mum with bills to pay so I can't just stop what I'm doing to take a stab at something else.

I'm not the only one on this journey. Everyone I know seems to be looking for the 'right' work, career-shifting like crazy, or moaning endlessly about their jobs. In a study by Yahoo! Finance last year, 60% of people said they'd choose a different career if they could go back. I have no doubt a friend who's given up work to write a book is on the right path – she practically pogo around the room as she tells me. A computer-programmer friend informs me he's leaving his job at a sports betting agency to work for his choice of environmental cause.

To some extent this search for meaning seems like the new religion. And, as if by magic, a whole industry has sprung into action to help us. There's a veritable glut of life coaches: the number of accredited bods in the UK is up 20% year on year, according to the International Coaching Federation. Us consumers don't just want more stuff, we want stuff that means something. A case in point is Pandora's Essence Collection of jewellery, billed as 'meaningful charms'. You cherry-pick the charms on your bracelet to express the 'higher you'; there's even a quiz on the website that guides you to your values. After all, what could be more personal than a bangle full of meaning, carefully curated by you? The five most popular charms, the world over, are Strength, Positivity, Passion, Love and Caring, and whose life wouldn't be richer without those?

'Everyone I know seems to be LOOKING for the "right" work, or MOANING endlessly about their jobs'

Pandora has clearly hit a nerve, making nearly two million pieces a week across all its ranges, and selling them in 80 countries. These facts, I confess, I found out on a Pandora-sponsored trip to Thailand, where I start to learn which values make me tick.

At Pandora they are big on passion and productivity (an empowering can-do attitude) and flat-team structure, with every new employee undergoing three days of 'value training'. It seems to work. When one of their managers was rushed to hospital recently and needed blood, employees lined up to be tested, while others jumped on their motorbikes to deliver blood to the hospital. This story strikes a chord. It's just the kind of heartfelt teamwork I'd like to be part of, I think, as we walk around the Bangkok factory floor.

The trip continues in lavish style at the Four Seasons Resort, Koh Samui, with the Pandora press team pulling out all the stops. At the colourful Wat Plai Laem temple (representing the value of spirituality), we are met by the towering 18-armed goddess of mercy and compassion. We learn that the monks take in, not just homeless people, but abandoned animals, too, explaining the many tiny

kittens on the temple floor. We light candles for wisdom and make lotus-flower offerings,

symbolising purity. Our guide reminds us to come to the temple with a 'calm mind' and focus on the present. Too right, I think, but it's only as I wobble around on one leg in the seafront yoga class, the next morning – the class is supposed to illustrate the value of balance – that all worries and thoughts of work leave me.

I come away from the trip with my own silver bangle and charms representing my values: compassion, dignity, freedom, spirituality, passion, creativity and balance. But are these reflected enough in my work, I wonder? Is that why I'm dissatisfied?

Pretty soon after I arrive back in the UK, I'm tested. I have a bust-up with a PR client (he didn't align with my values, clearly), but instead of panicking about the hole in my finances, grabbing the first thing that comes my way, I decide to make a move, fill that time with something that chimes with my values, something I can feel proud of when I look back, aged 70, at my working life.

I start by watching heaps of TED Talks – always inspirational. I'm particularly fired up by the story of Dr Jill Bolte Taylor, a brain scientist who studied her own stroke. It seems a bit late to retrain as a neurosurgeon, so I add one more point to my values: 'Must be something I can do.'

I begin to read, too – the brilliant *Happiness By Design: Finding Pleasure And Purpose In Everyday Life*, by behavioural scientist Professor Paul Dolan – but I'm still confused about my own personal journey. Then, a few days later, up pops fate pinging me an email. It contains an invitation to join the Be The Change Journey. The trip – to India – is run by Richard Alderson, a career-shifting expert and social entrepreneur, and Rosie Walford, a former brand >>

strategist who helps charities like Comic Relief to campaign and companies to develop ethical policies.

'You're successful but you want to do work that matters,' says the course blurb. The idea of the trip is to 'accelerate your shift into more meaningful work', by visiting a host of social enterprises, businesses whose primary goal is making positive change in the world, while also receiving intensive coaching. It sounds perfect.

When I arrive in Ahmedabad, Gujarat, our first stop, to meet the group of 'professionals' joining me on the journey, I'm relieved to find they're proper grown-ups rather than gap-year students, among them a couple of bankers (one who gives all her bonuses to charity) and several corporate high-flyers.

When I show her my bracelet, Walford confirms that it's work in line with your values that feels meaningful. 'Values are like our software, they guide our behaviour. We might not know what they are but we intuitively feel them. If you feel good about a project, it is likely aligned with your values. If it makes you angry, or you feel compromised, probably some of your values have been transgressed.'

Alderson isn't surprised that all my thinking and reading led me into a cul-de-sac. 'You can't think your way out of this. You have to take action, to notice your reactions,' he tells us. He describes his own career-change struggle. 'I'd come home from work and wrap myself in a duvet on my bed thinking it through, but I didn't get anywhere.' It was only when he started arranging meetings with people whose jobs interested him and shadowing friends that he finally got the direction he needed.

When he walked into a small investment fund that was providing seed funding and mentoring to social start-ups, everything changed. 'It hit me in a way that I'd never felt before,' he says. 'They were switched on, doing work that made a difference and having the time of their lives in the process.' He eventually brought

the project to India, as UnLtd India, and has so far helped more than 100 businesses get off the ground.

Over the next week we visit a number of social enterprises, including an ambulance service, an investment fund and a tour company, Reality Tours, which uses its profits to fund development projects in Dharavi, Mumbai's largest slum. It's this tour that resonates most strongly. Walking through the industrial zone, where much of Mumbai's daily 10,000 tons of rubbish is recycled, we are hit by a tsunami of plastic fumes and the crash of perilously slicing machinery.

Just then a girl walks past, close to my daughter's age – neat plaits, dangling earrings, she flashes a shy smile. I feel a stab of responsibility. I must do something. But what? I'm not about to move to India to do my bit.

It's only when I meet Jay Rage, the man with the shoe (his company is called Paaduks), at the rooftop party that it hits me: I can use my existing writing skills and PR connections to publicise businesses like his. Rage's shoes are helping to put the cobblers' kids through school and pay for their healthcare. I could even

set up a website promoting ethical brands. Suddenly the future feels alive with possibility, even if I don't yet know where I'll wind up. 'Imagine this process as a car headlight,' says Walford. 'You don't need to see right to the end of the road, only as far as the next bend.'

On the plane back to London, I watch *The Best Exotic Marigold Hotel*, set in an Indian retirement hotel. The film finishes with Judi Dench's character Evelyn writing: 'The only real failure is the failure to try. We came here, and we tried. Some achieved more than others. But we did our best. Nothing else matters.' Now that would be something to be proud of, when I look back aged 70.  For information on coaching for career-shifting, see bethechangejourney.org. And to learn more about your values, take the quiz at pandora.net/essence

'Suddenly the
FUTURE feels
ALIVE with
possibility, even
if I don't yet
know WHERE
I'll end up'



How to find meaning at work

ACT IT OUT, DON'T THINK IT OUT.

Put yourself into new, stimulating situations and notice what you feel attracted to and what ideas it sparks.

KEEP AN IDEAS

BANK – it could be a notebook or Tumblr page – filled with all the ideas you feel passionate about. What would you do if you were given a year off?

FOCUS. Narrow down your ideas to two or three by asking: does it feel right to me? Can I do it with the skills I have or do I need training? Can I make a living from it?

TEST YOUR IDEAS, doing the least possible in terms of investing time and money. For example, design a webpage or speak to someone in a related job.

MINIMISE RISKS AS YOU MAKE THE TRANSITION.

Can you reduce your hours or flex the way you work, to keep income coming in while you head down your new career path?



The secret's out: Sanctuary Spa's facial oils are the key to hydrated, healthy skin

Spring *skin fix*

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To revive dull and tired skin, Therapist's Secret Facial Oil, originally developed for use in Sanctuary Spa

Introduce a facial oil into your beauty regime for skin that looks – and feels – radiant, soft and supple

professional facials, is 100% natural, suitable for all skin types and rich in conditioning Vitamin E. Or for a multi-tasking product that combines the plumping effects of a serum with the hydrating benefits of an oil, try Wonder Oil Serum. A saviour for those with busy schedules, it absorbs quickly into skin, provides 24-hour moisturisation and is the perfect base for make-up.

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Three family meals a week is proven to boost health and happiness



THERAPY

7 TRICKS TO BUILD A HAPPY FAMILY

When it comes to close relationships, it's easy to get stuck doing the same old thing, getting the same old results, says Zoe McDonald. Why not try one of these surprising expert therapy tricks?

1 YOU'RE SHIPS IN THE NIGHT

You may spend time in the same house, but you don't spend time together.

THE ANTIDOTE: Creative mealtimes. You've probably heard the stats: regular family mealtimes are linked with both children and adults being a healthy weight (and children having

higher self-esteem. Just three family meals a week is enough to show a powerful benefit. But what are the magic ingredients? An analysis of over 50 families pinpointed 'meaningful conversation' and 'positive tone'.

In her book *The Artist's Way For Parents* (Hay House, £14.99), legendary self-help guru Julia Cameron advises involving children by giving them jobs – from food prep to setting the table to choosing the background music. 'The more you

can build enjoyable, creative rituals around mealtimes, the more fun they become, and the greater the opportunity for autonomy and self-expression,' says Cameron. And introduce a family 'thanksgiving' habit – it doesn't have to be religious, but studies show expressing gratitude has a powerful mood-boosting benefit. 'Children will often have quite random and wonderful examples of things they are grateful for, that take you by surprise.' »

2

SMALL CHILD,
GROWN-UP
PROBLEM

You've got a feeling something's going on – your child is worried, stressed, sad, but won't tell you.

THE ANTIDOTE: Allow him or her to express their feelings physically. Dr Tina Stromsted, who's featured in new book, *Understanding And Healing Emotional Trauma* (Routledge, £26.99), uses Authentic Movement, a form of dance therapy, in her work with clients (it may work best with under-eights, before self-consciousness sets in). She says mirroring anger with music that enables them to stamp – better still if you join in – can provide an avenue for expression and release.

'There's no need to worry about a special technique when you're trying this at home,' says Dr Stromsted. 'Simply being there to witness your child express themselves physically can be deeply affirming for them. Crank up a song that matches their mood and let them move. You are helping them get to know their feelings in a way that feels safely held, and acknowledged.'

At some point, she says, you might then slowly shift the movement to something lighter (with or without music), gradually finding a way to stop. At this point the child may be able to use words to tell you about what he or she is feeling. Or you could ask, 'What was that like?' or 'How are you doing?'

Lorna Maxwell, 31, tried this with her frustrated three-year-old son. 'We did a dinosaur stamping dance to some "angry" music when he'd been aggressive towards his baby sister again. We both ended up laughing and he gave me an enormous hug afterwards. It worked so much better than time out.'



Encouraging children to make their own fun has lifelong benefits

3 'We're bored...'

Despite piles of toys and plenty of organised activities, your children complain of boredom.

THE ANTIDOTE: Walk away. It's tempting to suggest games to play, or drop what you're doing to join in with Lego or colouring, but instead, try every now and then to make the boredom their problem to solve, not yours. 'Being forced to find their own amusement can be a gift,' says Noël Janis-Norton, author of the parenting bible *Calmer Easier Happier Parenting* (Yellow Kite, £16.99). 'Just as adults do, children need time to themselves: it teaches them important skills such as resilience and creativity, helping to nurture their imagination and sense of self.'

'Help to reframe boredom by explaining that it's your child's job to make their own fun. Make sure there are plenty of activities they are allowed to pursue alone – a well-stocked art cupboard, a garden they are free to play in (if you have one) and easy-to-reach toys. A hands-off approach might lead to a temporary spike in the whingeing but, in the long run, you're doing your child a huge favour.'

'I had started to suspect that the more I played with my four-year-old – and I played with him a lot – the more he demanded of me,' says Julia Holmes, 42, from Sussex. 'I started to say, "Mummy's working now, you need to play. See what you can draw with these pens..." It took a while, but he's playing contentedly on his own far more now, sometimes for a full half-hour.'

4 A HAIR-
TRIGGER
TEMPER

Your home life is littered with snapping and door-slamming.

THE ANTIDOTE: Not talking. It runs contrary to received wisdom on conflict resolution, but rehashing the same old arguments won't work either. Alice Leon, 39, says a 'let it be' approach saved her marriage. 'John and I went through a tough time last summer: in the same week, I was made redundant and our first baby was born. John has never been a huge fan of the heart-to-heart but we couldn't speak without arguing.' She heard about 'not talking' as a strategy,

and decided it was worth a try. 'I've learnt to take a step back and, in the process, avoid a massive row.'

Clinical psychologist Dr Jessamy Hibberd, author of *This Book Will Make You Mindful* (Quercus, £7.99), says, 'Just because one partner is less willing to talk about an issue, it doesn't mean they are any less keen to resolve it.' Instead, it's sometimes better to speak your mind, then resist the urge to discuss the problem. 'If I have to talk about something, I've developed a hit-and-run style – I just say what I have to say as calmly and concisely as possible, and then get out of there!' says Alice. 'That lets John think about things at his own pace, no pressure, and he'll get back to me in a day or so.' »

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5 Screens have taken over the house

You feel everyone spends way too much time in front of one screen or another.

THE ANTIDOTE: Lead by example. Which means putting down your phone. According to US-based psychiatrist Dr Jodi Gold, author of *Screen-Smart Parenting* (Guilford Press, £9.99), 'It's as important to negotiate house tech rules as it is to discuss work boundaries or finances,' she says. 'It's the same as starting a diet; you've got to be honest about how much you're eating, what your triggers are, what's

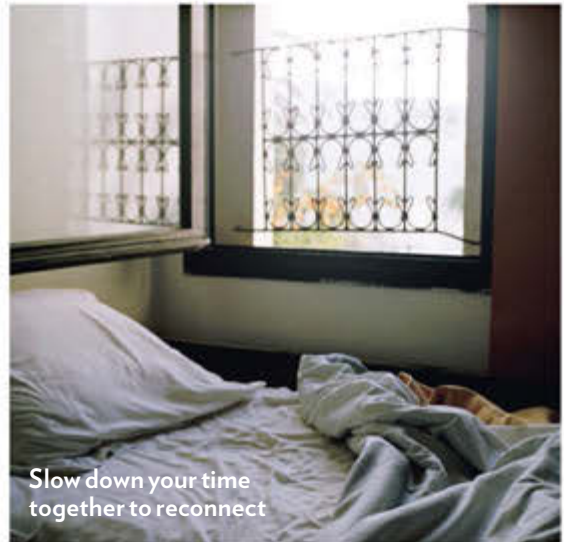
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Slow down your time
together to reconnect

6 WHERE DID THE GOOD TIMES GO?

When was the last time you laughed until it hurt with your partner, lost track of time on a night out, or had the kind of sex that leaves you blissed out? Somewhere along the way, you lost the joy.

THE ANTIDOTE: 'It's easy to lose sight of your deep connection, the glue that keeps your relationship together,' says counsellor Val Sampson. Reconnect by slowing down in your approach to time together. Which means, simply, just talking; resisting all impulses to check your email, read the paper, surf Ebay and so on. Improving the quality of your non-sexual touching can have profound effects, too, she says. 'For example, if you hug your partner hello, maintaining contact for 30 seconds or more will trigger the release of oxytocin, the bonding hormone.'

caused you to slip up in the past. Then you can introduce measures for potential black spots: ensure the “no phones at the table” rule holds by placing devices outside the room and muting them.’

Dr Gold suggests including your kids in setting rules, because not only might they know more about the digital world, they may surprise you with how they can set reasonable limits. Even though you’re tempted, don’t take away the device. ‘The goal is to teach them how to use it wisely,’ she says. ‘Let your phone hang out in another room when doing homework and eating dinner, but encourage your kids to use technology to learn and connect.’ Finally, make sure nobody goes to bed with their phone: buy alarm clocks, and set up a family charging centre in the kitchen.

{ ‘HUGGING your partner for 30 seconds will trigger the release of oxytocin, the BONDING hormone’ }

7 GROWN-UP SIBLING RESENTMENT

You’d think you’d have grown out of it by now, but there’s something about your brother or sister that presses all your worst buttons.

THE ANTIDOTE: A technique called Emerg-n-see from a therapy called Radical Forgiveness, designed to help overcome negative behaviour patterns. ‘Holding on to resentment and anger has been shown to be harmful for our mental and physical health,’ says Dr Hagen Rampes, a former NHS psychiatrist who is now a Radical Forgiveness coach. ‘The beauty of radical forgiveness is it works without the other party (whether a sibling or partner) being involved. All the energy that has been fuelling the resentment and anger is released...’

Emerg-n-see goes like this (it will sound alien, but bear with it)... Start by saying, ‘Look what I created.’ Take responsibility for the situation, but don’t feel guilty. Then, ‘I notice my judgements and love myself anyway.’ It’s normal to attach judgements, interpretations, beliefs to situations. Accept that. Next, tell yourself, ‘I am willing to see the perfection in the situation.’ Finally, state out loud your desire for no more conflict: ‘I choose the power of peace.’ 📌

Find out more at hagenrampes.com

If your family issues are too big to tackle on your own, find a therapist at bacp.co.uk. For a parent helpline, call Family Lives on 0808 800 2222; familylives.org.uk



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ASK PHILIPPA

A reader admits she's desperately and painfully lonely. Well done, says *Red's* agony aunt Philippa Perry, you've taken the first step towards healing

Photograph TRENT McMINN



I feel utterly ashamed and embarrassed that I'm writing this. I feel like saying it's not who I am and yet it must be. I can't bear being alone but it is what I am pretty much most of the time. Loneliness is like an actual physical pain.

I own my own flat and live on my own, though I'd rather not. It is always me who makes the first move towards making arrangements and seeing people. I am quite loud and have strong opinions and I bet no one realises the real me feels so isolated. I tell funny stories at work, make people laugh. People – even my sister and mum – assume I have masses of friends but I know masses of people and that's different.

This gets darker: just to not be alone I had a lot of one-night stands. If I'm honest, I didn't enjoy the sex. Mostly they didn't even stay the night, except if they were drunk. One guy stayed a couple of nights but took my purse when he left. That's when I stopped.

My life feels like a complete mess: what can I do?

J, by email

You've taken the first bold and brave step to get out of the mess you're in and that is: facing it. By realising what you were doing to try to be less lonely did not work for you, you've opened yourself up to explore new ways to combat loneliness. By writing it down, telling me how you experience yourself and your life, you're getting to know yourself. And I hope, as this journey continues for you, those feelings of shame and embarrassment subside.

You try to make people laugh and by doing that perhaps others look at you and titter but then turn away again. They make the assumption you must be independent and confident, especially as you have strong opinions and an outgoing personality.

What there seems to be, however, is a massive disconnect between who you are on the inside and on the outside. Who is keeping that person on the inside company? How can anyone know she's even there? People

do love a laugh and you're probably popular at parties but what you crave is intimacy. As you have discovered, a sexual encounter may feel like connecting but without a relationship it can never be more than a fantasy of intimacy, and it can be something much worse. My heart went out to you as I imagined what you must have felt when you realised how you had been used and abused.

Some questions to consider may be: what happened to that person inside you, that she thinks she must remain hidden? Do you feel too uncomfortable with vulnerability to allow your real self to be seen? What were the formative experiences that caused you to create this defence of showing off? How long did that work for you?

A part of you has been hiding behind the extrovert side for a long while now and it may be time for that part to step aside – I don't mean disappear – but just get off the stage for a bit and let the softer, vulnerable, inner you step out of the darkness of the wings and on to the stage.

Sometimes people are overloud because they don't trust the other person to step forward to meet them. But the loudness doesn't give them space to take that step. So when you stop doing it, perhaps because you're fed up with being the one who makes all the moves in a relationship, no one comes forward to fill the space.

I'd recommend seeing a therapist. A good one will not let the real you hide behind jokes. You can get used to showing the inner you to another person and realising your vulnerable part is acceptable and loveable. I'd also recommend keeping a journal.

One thing we all do is judge our inner self by comparing it to the outer selves of others. Everyone around us seems engaged, busy, confident, so we feel we can't share our true emotions. But if you dare, you may find someone knows just what you mean. Like I did when you wrote, 'Loneliness is like an actual physical pain.' I'm not saying you should stand up on a crowded bus to declare it, but allow others in and you'll find the right place and time to share.

To find a therapist, I recommend the register on welldoing.org.

ASK PHILIPPA ANYTHING!

Philippa would love to hear from you, and to tackle your issue. Email her in confidence at therapy@redmagazine.co.uk. If you'd like to read Philippa's past columns on adultery, self-confidence, frenemies and more, visit Redonline.co.uk.

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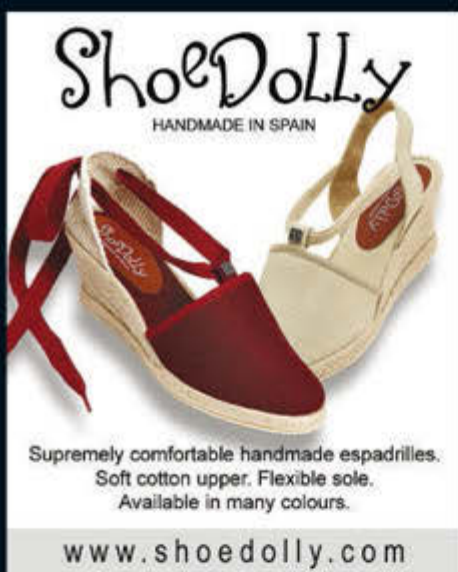
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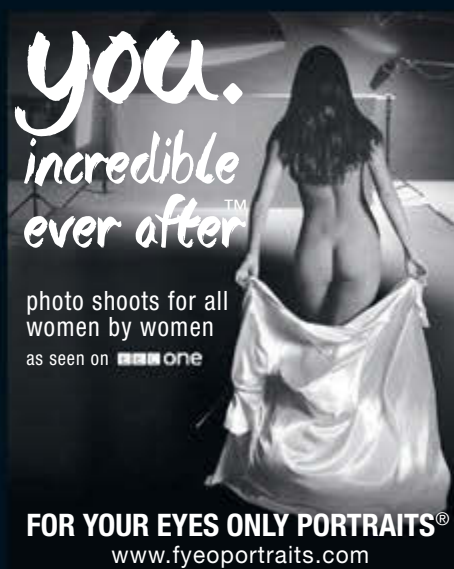
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The Double Lift - 'literally a lift without the surgery'



Feeling as if you're looking older and more tired, but don't want the risks and expense of a surgical facelift? It could be time for the new and exciting non-invasive Double Lift procedure.

Introduced exclusively to the UK by top cosmetic Doctor George Roman - a Parisian Doctor with a devoted celebrity following - we visited his clinic to find out more about the new revolutionary procedure everyone's talking about... When we arrive, Dr Roman is very welcoming and as we begin discussing aesthetics and cosmetics in general, we can see where his passion stems from. "I probably knew from the age of 18 that I was going to be a doctor. I come from a long line of doctors. I always wanted to help people," he says. "As a doctor, my aim is to improve the quality of life of my patients, and my philosophy is to 'improve' but not 'change' the appearance of my patients. We should not feel any guilt to improve or enhance our natural beauty if this allows us to live a happier life."

1. What is the Double Lift procedure?

"The Double Lift is a revolution in aesthetics. It is quite literally a lift without the surgery," Dr Roman explains. "Using the power of HIFU (High Intensity Focused Ultrasound) we customise a procedure for lifting and or tightening depending on the needs of the patient." The Double Lift uses the power of gentle yet powerful ultrasound to lift not just the skin but also the deep muscle layer underneath, which has previously only been achieved by surgical facelifts. "During the Double Lift procedure, warm pulses of ultrasound energy are delivered deep under the skin, causing the muscle layer to contract," he says. "At the same time the gentle heat

also encourages the healthy, natural process of rejuvenation, stimulating your skin to produce its own fresh new collagen."

2. What are the results?

"Patients can enjoy an overall more youthful and natural-looking appearance, as the skin becomes plumper, lifted and tightened. The quality of the skin becomes improved due to the huge collagen boost during the treatment, so your skin will be firmer, brighter, tighter and more elastic. My patients love the results."

3. Who is it suitable for?

"Typically, patients for this treatment are around 30-65 years of age. Essentially, where gravity and age strike, Double Lift can help," he explains. "The Double Lift is perfect for tightening and toning skin on the jowls, jawline, forehead, brow, around the eyes, and treating wrinkling and sagging on the décolletage and chest. If you are not ready for a surgical solution, but want to have tighter, more youthful skin and gentle, deep down lifting, then the Double Lift can be a great alternative."

4. What does the procedure entail?

"During the Double Lift procedure, warm pulses of HIFU energy are delivered deep under the skin, causing the muscle layer to contract, while the gentle heat also stimulates fresh new collagen close to the surface, making skin firmer, brighter and more elastic. The Double Lift delivers energy over a wider area, so it feels far more gentle. Patients usually describe feeling waves of warmth during their treatments."

5. How long does the procedure take?

"Timescales vary depending on the individual. Usually from 20 minutes to one hour."

6. Is it safe?

"Ultrasound has been used in medicine for many years, including in pregnancy scans, and is proven to be effective at skin tightening and lifting. The Double Lift uses new, advanced, second-generation technology for an even more effective and safer treatment." High quality ultrasound images on a computer screen allow Dr Roman to see inside the skin as he works, so he can precisely tailor each treatment to the individual patient for the best possible effect.

7. What is the recovery time?

"You should be able to proceed with your day as normal after the treatment. Patients will experience a little temporary reddening to the skin. "Exposure to intense heat should be avoided for around 48 hours after treatment, for example sauna/steam rooms or exposure to sunbeds/ultraviolet lights."

8. How long until we can expect to see results?

"Immediately," he says. "Jowls and double chins seem more taut, cheeks appear plumper, eyes look more open." The results continue to show for up to three months, he explains: "Because the Double Lift works deep down, and collagen takes time to be produced, results continue to improve for up to three months after treatment."

"As a doctor, my aim is to improve the quality of life of my patients, and my philosophy is to 'improve' but not 'change' their appearance"



**To find out more about
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STARS

Yasmin Boland reveals what's
in store for you this month

Illustration HANNAH DAVIES

ARIES

Mar 21st-Apr 19th

If you've been through a rough time in your relationships, you can start over now. There's an eclipse in your love zone, so a new chapter will soon begin. If you're loved up, mid-April is the time to commit. Eclipse golden rule: whatever happens now is for the best.



TAURUS Apr 20th-May 20th

Seek a balance between your hard work and your inner life. This is not so much about a work/life balance, but rather about a work/peace balance. When do you find time to really relax? Whether it's meditation, yoga or a candlelit bath with the phone off and the door locked, do it. Work? That's second nature to you right now.

GEMINI May 21st-June 21st

How much attention are you giving people who need you, versus how much attention you're giving yourself? Are you saying what others want to hear? It's never a good idea to bottle up your feelings, simply because you want to fit into a group. These are important questions for you to ask yourself this month.

CANCER June 22nd-July 22nd

You're moon-guided, so when there's a full-moon eclipse, as there is this month, you tend to feel stretched. Breathe slowly through upsets. Literally. When the energies are intense like they are now and have been, it means we have a great chance to change our lives. If you haven't already done so, take charge of your life and move ahead.

LEO July 23rd-Aug 23rd

This is a month to decide what you want for yourself professionally. Driven planet Mars is back in your career zone for the first time in around two years. In other words, you should be more fired up about your working life than you have been since early 2013. Do go for it. Don't shoot your mouth off, at home or at work!

VIRGO Aug 24th-Sept 22nd

Forget about any financial issues you have faced. Decide that from here on in, you are going to be more proactive about making abundant amounts of cash. The less you worry about money, the more you'll devise brilliant cash strategies. And the more you can stand on your own two feet when it comes to money, the better.

LIBRA Sept 23rd-Oct 23rd

Use the Libra eclipse to get back on course, if you've strayed from your path. It could be about letting go of a relationship or job you know is toxic. Or, if you're in alignment with yourself, this could also be the time when you feel singled out by the universe in a really wonderful way, for some special attention.

SCORPIO Oct 24th-Nov 22nd

Aggressive Mars is moving through your 'other people' zone. Be careful not to lose your cool with friends, family, colleagues or clients. If you have a genuine bone to pick, do so. You could clear the air once and for all, if you are forthright without being hostile. In other news, a weekend at a spa or retreat will benefit you hugely.

SAGITTARIUS Nov 23rd-Dec 21st

You may have a few friendship issues that need sorting out. Some of you will seriously cull your friends list. That's fine – we all collect people who don't do us good. So be kind but firm, if you know a connection has gone toxic. And better yet, throw yourself into your work. You can achieve a lot professionally right now.

CAPRICORN Dec 22nd-Jan 19th

There is a struggle going on between home and work. You need to balance things out. Family time or time at home with friends is, of course, essential. However, you also need to invest some emotional energy into your career, if you want to fulfil the potential you were born with when you incarnated this lifetime as a Capricorn.

AQUARIUS Jan 20th-Feb 18th

This month, go hard at sorting things out at home. For some, it'll be about having a good declutter. For others, it'll be that you and someone you live with, or someone in your family, have issues that need attention. Ensure you haven't been uncharacteristically narrow-minded. If you're buying or selling your home, you have celestial support, so go forth confidently.

PISCES Feb 19th-Mar 20th

The focus of your attention now will almost certainly be your finances. How much you are making and spending, for example, versus how much you would like to make and spend. Teaming up with someone in a partnership or wider collaboration would suit your chart very well, if that's a financial/moneymaking option for you at the moment. 



MACY GRAY

Her children's trusting nature reminds the singer to be more open-hearted

Photographs ELIZABETH WEINBERG

I'm so proud of all my kids [above, from left: Aanisah, 19, Happy, 17, and Mel, 18]. Being with them reminds me what life is all about. Children have this enormous trust in people. They don't have hang-ups and their hearts haven't been broken yet. Their unjaded perspective reminds me how you are supposed to feel.

All my kids are creative. Aanisah is obsessed with art – she spends all day looking at pictures. Mel, my second child, is a musician and reminds me of my old days in music. Happy (the youngest) is a natural photographer.

When she was seven years old I got her a disposable camera and she took pictures of everything.

What am I like as a mother? Mostly, I'm tough about school and I'm really big on making sure they see things through. I want them to learn what it feels like to put in the hard work and win. I also sometimes screen dates! My kids are awesome people – and I don't really know what my part was in it all. Perhaps I gave them their great bodies. That's it: they're all good-looking because of me! *Macy Gray's album **The Way** is out now*



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